

CB Fitness

October Newsletter

Welcome to the October version of the CB Fitness Newsletter, this newsletter can be downloaded from the CB Fitness website or if you subscribe then you will receive a promotional code attached.

What happened in October?

In October the clocks went back, this means that it gets darker earlier in the evenings, in this issue you will find tips to keep yourself safe, and products to keep you visible. There is also a smoothie to aid in recovery.

How to keep safe when running.

When you do decide to go out running in the evening make sure someone knows the route you will be taking, an expected return time and a maximum time to walk the route.

While out running try your best to stick to well lit areas and roads. When running on the road try to run on the side of the road into oncoming traffic, this is so cars will spot you easier.

An extra device to carry would be a rape/attack alarm, easily purchased from sports shops or Argos when the pin is removed from the device a high pitched siren is sounded to alert passer bys.

Product Review, High Visibility Clothing.

There are lots of items on the market that will aid in being seen at night, these range from simple arm and leg bands to full upper body vests.

If you are going to be running in areas of lit road then a simple Brm Band would be sufficient. These should be yellow with a reflective strip on.

However if you are not able to run in well lit areas then an Upper Body Vest is a must, these can vary from simple yellow coats through to performance vests. When picking your clothing ensure there are Reflective strips on your vest as these are what drivers see, not the yellow vest.

My advice would be to pick the item with the most Reflective Strips on as it is better to be safe than sorry.

Recovery Smoothie Recipe

Strawberry Recovery Smoothie

Ingredients:

- 1 pot (8 Ounces) Natural Strawberry Yougart
- ½ cup Skimmed Milk
- 4 Fresh Strawberries
- 4 Tbsp of Oats
- 1 tsp of Honey
- Half a dozen Ice Cubes

Serves: 1

Method:

1. Place all ingredients in blender.
2. Blend to desired consistency.
3. Pour into glass and add crushed ice.