

The Free Fitness Tips Newsletter - February 2008

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Hello everyone and welcome to the very first **Free Fitness Tips Newsletter**. My intention with these newsletters is to provide a monthly summary of all the updates to the various **Free Fitness Tips** websites and resources. The websites are growing at quite a substantial rate now, so this newsletter will act as a good focal point for all the updates. So without further ado here is a list of what's included in this month's newsletter:

- [Free Fitness Tips Blog Updates!!](#)
- [Free Fitness Tips Squidoo Updates!!](#)
- [Free Fitness Tips Poll!!](#)
- [Free Fitness Ebook!!](#)
- [Final Words!!](#)

1) Free Fitness Tips Blog Updates

As I do every month I have tried to keep the [Free Fitness Tip Blog](#) regularly updated with lots of relevant fitness articles. This month the following article categories have been added to the blog:

Building Muscle:- This category contains a number of articles focusing on muscle building topics such as; bodyweight training, building muscle mass and more. You can read all the [building muscle](#) articles at; <http://blog.freefitnesstips.co.uk/category/building-muscle>

Mental Fitness:- This category contains a number of articles focusing on overcoming various mental afflictions and emotions that you may experience such as; anger, loneliness, grief and loss, worry and more. You can read all the [mental fitness](#) articles at; <http://blog.freefitnesstips.co.uk/category/mental-fitness>

Protein:- This category contains a number of articles focusing on topics associated with protein such as; the importance of protein, the effects of protein, protein supplements and more. You can read all the [protein](#) articles at; <http://blog.freefitnesstips.co.uk/category/protein>

Weight Loss:- This category contains a lot of articles covering topics associated with losing weight such as; top weight loss tips, fad diets, weight loss pills and more. You can read all the [weight loss](#) articles at; <http://blog.freefitnesstips.co.uk/category/weight-loss>

2) Free Fitness Tips Squidoo Updates

This month I created a new [Free Fitness Tips Squidoo Lens](#). It basically contains a summary of all the information on the [Free Fitness Tips Blog](#). This month I have added the following modules to the [Free Fitness Tips Squidoo Lens](#):

- *February 2008 Fitness Poll!!*
- *Handling High Blood Pressure!!*
- *Dealing with Diabetes!!*
- *Abdominal Advice!!*
- *Fulfilling your Fitness Goals!!*
- *Building Muscle mass!!*
- *Maximising your Metabolic Rate!!*
- *Lose Weight Effectively!!*
- *Mental Fitness!!*
- *Protein Supplements Explained!!*

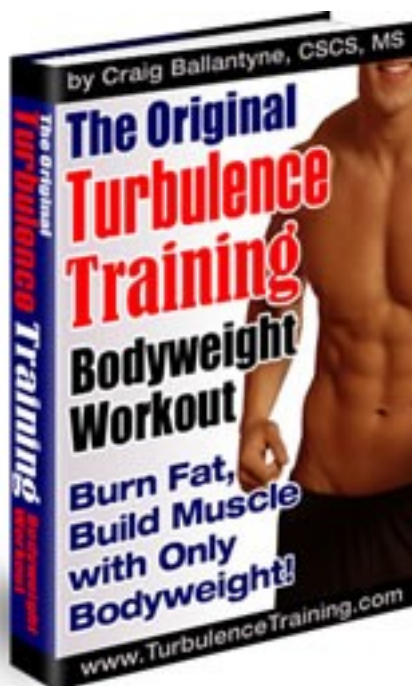
3) Free Fitness Tips Poll

The [Free Fitness Tips Squidoo Lens](#) has many interactive options such as polls, videos, top 10 voting lists and more. I therefore thought it would be a good idea to take advantage of the features squidoo has to offer and conduct a monthly fitness poll.

This month's poll concerns physical physique. The question is 'Are you happy with your current physique?' I'd love to here your opinions on the topic and remember the more responses the better.

[Click Here to Vote in the February 2008 Fitness Poll!!](#)

4) Free Fitness Ebook



I've added a number of [free ebooks](#) to the [Free Fitness Tips Blog](#) this month. My personal favourite is Craig Bannatyne's The Original Turbulence Training Bodyweight Workout so I've decided to feature it here.

[Click Here to Download The Original Turbulence Training Bodyweight Workout!!](#)

5) Final Words

Well that's just about all that's been happening at **Free Fitness Tips** this month. I hope you have enjoyed all the fitness information that's been added to the [Free Fitness Tips Blog](#) and the [Free Fitness Tips Squidoo Lens](#). If you are not yet subscribed, you can do so using the link below. Not only will you receive this monthly **Free Fitness Tips Newsletter** but you will also get a **Free Fitness Tip** delivered to your email inbox, every day, for a full year.

Next month there will be lots more articles added to the [Free Fitness Tips Blog](#) plus some fitness videos, all of which will be summarised on the [Free Fitness Tips Squidoo Lens](#). See you next month.

Get a Free Fitness Tip delivered to your Email Inbox, every day, for 365 days!!

<http://www.freefitnesstips.co.uk/>
