

# The Free Fitness Tips Newsletter - March 2008

brought to you by

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

\*\*\*\*\*

*The Free Fitness Tips Newsletter - March 2008 is sponsored by:*



\*\*\*\*\*

Hello everyone and welcome to the March edition of the **Free Fitness Tips Newsletter**. Below is a list of exactly what's covered this month:

- [Free Fitness Tips Blog Updates!!](#)
- [Free Fitness Tips Squidoo Updates!!](#)
- [Free Fitness Tips Poll – March 2008!!](#)
- [Final Words!!](#)

## 1) Free Fitness Tips Blog Updates

This month I have kept the [Free Fitness Tip Blog](#) updated with further relevant fitness articles and even added some videos too. This month the following information has been added to the blog:

**Pregnancy:-** I've added detailed article on caloric intake during pregnancy to this section. It outlines how you should be altering your eating habits when you are pregnant. You can read this article and all the related [pregnancy](#) articles at; <http://blog.freefitnesstips.co.uk/category/pregnancy>

**Protein:-** I've added an article on spicing up your protein shakes to this category. It contains a really tasty protein recipe which I recommend you test out yourself. You can read this article and all the other [protein](#) articles at; <http://blog.freefitnesstips.co.uk/category/protein>

**Videos:-** I've added the first selection of videos to the blog this month. In total four videos have been added which cover the topics of; keeping fit, childhood obesity, diet plans and nutrition & fitness centres. You can watch all the [videos](#) at; <http://blog.freefitnesstips.co.uk/category/videos>

**Weight Loss:-** I've added lots of new articles to this category which cover information such as; staying motivated on a weight loss plan, weight loss patches, shopping for groceries and positive thinking. You can read all the [weight loss](#) articles at; <http://blog.freefitnesstips.co.uk/category/weight-loss>

## 2) Free Fitness Tips Squidoo Updates

I've not added much to the [Free Fitness Tips Squidoo Lens](#) this month. Just the Free Fitness Tips videos from the blog and a new fitness poll for March 2008 (full details of this poll are below).

### 3) Free Fitness Tips Poll - March 2008

This month's poll concerns protein supplements. The question is a simple one; 'Do you currently use Protein Supplements?' Last month's poll didn't get any responses so let's try and improve upon that figure for this month. It only takes a second to place your vote and I'd really like to hear your answers.

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

### 4) Final Words

Well that's just about all that's it for another month at **Free Fitness Tips**. 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](#). Remember, if you want to get the latest updates subscribe to **Free Fitness Tips** using the link below. As a subscriber you will receive this monthly **Free Fitness Tips Newsletter** and a **Free Fitness Tip** direct 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](#) including a great series on how to quit smoking. I'm also working on getting a free ebook created for you which should be ready in time for next month. See you soon.

\*\*\*\*\*

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

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

\*\*\*\*\*