



## WeightMatters August Newsletter

Summer (well almost) brings us some very seasonal and unique weight management challenges. Hot and humid weather effects our nutrition and hydration requirements, as well as the way we exercise. And just in case summer holidays equate to 'I've blown it!' syndrome, we've given you some success strategies to stay on track.

### summer offer

#### Summer Offer

**£20 off any of our packages or a first consultation** with any of the WM Team

Offer ends 31.08.08 [contact us>](#)



#### Packages

We have designed multiple WeightMatters packages to give you the ultimate choice of how you want to work with us. [sign-up now](#)

#### Results Personal Training (we'll even come to you)

Introductory 6 week package only £275 [sign-up now](#)

[more details >](#)

#### Weight Loss&Keep It Off (lose up to 14lbs or more)

6 week package only £150 [sign-up now](#)

[more details >](#)

### testimonial

*"I am a fairly successful and relatively high profile business leader who has struggled his whole life with obesity. I started attending "WeightMatters" about a year ago and M.D. James Lamper has worked diligently with me to understand my psyche, my lifestyle and how that affects my eating habits. WM has helped me to learn new behaviour and to overlay that on top of the old. Consequently without "dieting" I have lost around 33 lbs (approx 15kgs) in a year. My new lifestyle is just that, I am not deprived of anything and I am healthier and fitter than I have ever been. I would recommend WM to anyone who has struggled similarly so as to change their lives."*

**Geoffrey Riesel - Chairman & CEO Radio Taxis Group Limited**

### quote

#### Quote of the Month

*"If you take each challenge one step at a time, with faith in every footstep, your strength and understanding will increase."*

**James E. Faust**



#### SUMMER MADNESS

Summer holidays often lead to a catastrophic breakdown of weight management goals – school holidays, feelings of reward and entitlement, longer nights for social eating and drinking – the list goes on. People who hold a 'diet mentality' blow the slightest indulgence into another diet failure, and many will self-soothe by overeating, thus compounding the feelings of helplessness.

Perhaps a change in perspective is required. We all need a break from our weight, so why not relax over the summer and have the simple goal of maintaining your weight. Easier said than done, so here are a few pointers to keep you in control as you relax this summer:

**1.**

Surround yourself with people who will support and encourage your strive for success, and steer clear of saboteurs that put you down or drag you into temptations path (The [WM 6-week phone programmes](#) can support you anywhere in the world!)

**2.**

How many weeks until life is 'normal' again? Choose a date and give yourself a 5lb weight range you will be happy to be in at this time. Chill out and check just once a week to see how you are doing.

**3.**

Communicate a few boundaries to those around you. Create some 'me time' so you can relax – this will move you away from 'stress-eating.' Tell people you don't want to drink at lunch or ask your partner to support you with a combined 'no' to late night treats. Take hold of your power and create some eating guidelines that work for you.



#### THE HEAT IS ON

Summer is here and with it comes a range of physiological challenges for our bodies as temperatures and humidity levels rise. Exercising in these conditions will increase these demands, but by modifying our nutrition and hydration practices we can protect our bodies. Here are some tips for a healthy summer:

**1.**

Exercising in hot temperatures will increase the amount of carbohydrate used as a fuel. So make sure you have some slow-burn low GI carbs with every meal, so that your body doesn't run low on glucose, which can lead to the onset of fatigue.

**2.**

Drink water before, during and after activity, especially in humid conditions. Core body temperature will rise if you become dehydrated, and this can compromise the body's ability to sweat, the main body function we use to cool down. If urine is dark in colour, this is a sign you need more fluid.

**3.**

Free radical damage can increase after exercise in hot weather, so make sure your diet is packed with antioxidants found in vegetables, fruits, nuts and seeds. The [WM Nutritionists and Dieticians](#) can structure a 'summer holiday eating plan' to help you stay cool and healthy in the heat.



#### Recipe of the Month - Gazpacho

This cold Spanish soup will tantalise your tastebuds this summer while being kind to your waistline. It's fast and simple to make.

##### INGREDIENTS (Serves 4)

- 1 cucumber, peeled, seeded, and cut into chunks
- 2 pounds red-ripe tomatoes, peeled and cut into chunks
- 1/2 large red onion, cut into chunks
- 1/2 large green pepper, cut into chunks
- 1 garlic clove, chopped
- 2 cups crumbled French of Italian bread, without crusts
- 1 1/2 cups cold water
- 2 teaspoons salt
- 1 tablespoon olive oil
- chopped cucumber for garnish (optional)
- chopped green pepper, for garnish (optional)
- chopped red onion, for garnish (optional)

##### Method

In a large bowl, combine the cucumber, tomatoes, onion, pepper, garlic, crumbled bread, water, and salt. In batches, grind the ingredients in a food processor or blender, being careful not to blend them to a puree. Return the soup to the bowl, and stir in the 1 tablespoon olive oil. Cover the soup and chill it for several hours.



#### COOL MOVES

So the mercury isn't really up there, but you're sweating buckets when you move around? That's because humidity, even at lower temperatures, reduces the body's ability to sweat efficiently. To stay cool we have to sweat even more! Heavy prolonged sweating without sufficient hydration can lead to conditions like heat cramps, heat exhaustion and in extreme conditions heat stroke. Here are some ways to keep cool as you move around this summer:

1. Wear light(white is best) breathable fabrics
2. Consider training early in the morning when temperatures are cooler
3. Reduce both the intensity and duration of exercise sessions
4. Replace water and electrolytes before, during and after training
5. Choose activities like cycling which will keep you cooler due to the increased wind turbulence

The WM Personal Trainers will come and work you out in the cool early morning in a park close to you. [SIGN UP NOW](#) for our Introductory Offer!