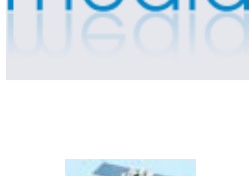




## Newsletter June 2008

Hello June-Will the sunshine last? Luckily, there are lots of other ways to find that endorphin rush and sense of well being. This month at WeightMatters, we look at the benefits of swimming-it is a weather proof sport. We also find out the tricks of being 'Hollywood -Sex in The City Fit.' And read on about the conundrums of Drinking Water.



### What is James Lamper Working on this Month?

James had such an overwhelming response from the UKTV Style show *Truth about Beauty* that the network has asked James to appear in a specially produced health, psychology and fitness show. Look out for the premiere this summer.



father's day

### Packages

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

### GIFT CERTIFICATE-Fathers Day EXTRA £20 OFF ANY PACKAGE BOUGHT FOR FATHERS DAY OFFER ENDS SUNDAY 14/06/2008

Dad doesn't need another tie - he needs to get back in shape! There is no better gift than the gift of good health. Our Father's Day gift vouchers are the perfect present! We will send you a printed gift voucher well in advance of the special day. [Contact us](#) to sign-up now! [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

"My WeightMatters personal trainer keeps everything so fresh and vital that every session feels like the first. At the same time James' coaching on weight management has really helped me to make what I would call a true 'lifestyle change' and for that I will be eternally grateful!"  
**Brian Klein - Director - Top Gear**

### 2train

**2Train is the perfect way to get fit with a friend or loved one.**  
Twice as fun, but half the price! When 2 people sign up, thesecond person is 50% off.  
[See here for more details.](#) [sign-up now](#)



**Quote of the Month**  
"What you resist persists"  
**Carl Jung (1875-1961)**

Don't wait for a sign, get started today, those jeans are not going to suddenly fit!



### SEX IN (OUR) CITY-YOU CAN HAVE IT ALL, TOO

Lets face it, when you feel good about your body and how you look, you have better sex. We have better everything and eating consciously and exercising is the unmistakable, un-deniable, unavoidable way to happy, endorphin city. In the newly released Sex in the City, Carrie, Miranda, Samantha and Charlotte exude beauty, strength and sex appeal in spades and their synergy and unity is palatable. Okay so they are Hollywood actresses coddled by PA's, the finest fitness trainers, nutritionist and stylists but in the end, the essence is from within. It is with these capable teams around you that you can tap into that internal fire and let it shine. It is unmistakable, undeniable but not unobtainable. What keeps us from engaging people to help us to eat well, exercise and put together the right wardrobe? We do not hesitate to go to a doctor if we don't feel well physically, or a psychologist if we have an emotional problem that we cannot manage or even a life coach to guide your through the clouds yet we allow our health to fall low on the list of priorities.

Yes it used to be a luxury to have a personal trainer but as work demands have doubled and time to spend in the gym is elusive, every day people are looking towards professional trainers to get back in shape and stay fit. It is not as unobtainable as we think. It is easy to write off Hollywood bodies as 'purchased' by trainers or plastic surgery but at some point there is sweat. We use all of the excuses such as I don't have the time or money but as with everything in life, we make economic choices. How important is your body image? When was the last time you were eager to show off your curves and toned body parts? These are the days, gravity is against us and we are inevitably locked towards the future-no more excuses! What we do now with our bodies and minds, prepares us for the next decade so do the best we can now, it is all that we have.

Sex In The City, takes us on journey where the girls last left off when the television show ended. They have left their single, thirties and moved onto another phase in life looking at marriage, babies and monogamy. And like all times in life when there is a lifestyle change, there can also be a weight shift. One of the girls find solace in eating as her partner is working long hours. Another is surprisingly and delicately pregnant and is cautious not to go running but with her girlfriends help, she realizes that exercise is a vital part of her being and gets her back on track.

Weather we realize it or not, we perform a daily evaluation of our health, weight and nutrition. Self-consciously, we spend a lot of time weighing up; 'Should I walk or take a taxi?' 'Should I bring a nutritious lunch or grab a sandwich?' 'Should I go to the gym or meet the girls for drinks?' And each day we either feed our body and soul, or let it down. It takes hard work and good planning and support to strike a successful balance but it is the most important decision you make each day. Bad lunch choices become even worse dinner choices and suddenly you have created a routine and habit. Then you wake up one morning and cannot imagine how you ever got to an unsatisfactory weight. The tricks is to self correct, and not allow yourself to cross that personal line. Evaluate daily what you have eaten and how much air and exercise you have taken then try to do better tomorrow. Getting to the point where you cannot bear to look at yourself in the mirror is a much longer journey back to your comfortable zone than looking at a bad day or even week of eating and breaking the chain. Look after yourself and love yourself by having a personal fitness trainer for as little as £165 for a course. WeightMatters treats you like a star and will be the catalyst that gets you started and out of the fatty patterns. WeightMatters looks at you whole story starting with the psychology of why and when you eat and guides your into good nutrition and personally trains you giving you tools and outlets. Choose a training package today.



### Packages

We have designed multiple WeightMatters Service packages to give you the ultimate choice of how you want to work with us.

Our 6-Week Packages get results - FAST. Or choose from our 'Pay-As-You-Go' options.  
[more details >](#) [sign-up now](#)



### WATER- HOW MUCH TO DRINK OR NOT TO DRINK, THAT IS THE QUESTION

My grandmother used to nervously watch as I gulped glasses of water whilst eating. She used to say, 'you are drinking too much, you will float your food.' For the women of her generation, drinking water during a meal was unheard of and she really only had a glass of water to take her pills. She lived to the ripe old age of 91 supporting a diet of meat and potatoes and Challah bread smeared with Schmaltz (chicken fat.) Her skin was years younger than her number and even had the odd scotch. So why is there so much controversy and hoopla about water drinking?

Bottled water manufacturers do most of the testing and lobbying therefore information in the past might have been a bit biased. Unarguably, we must drink a sufficient amount of water daily. We feel safer drinking bottled water but one has to wonder if this is a trick of hysterical marketing? The argument, although still highly controversial, seems to have now shifted from how much should we drink to, how we should drink it. Plastic, bottled water has an unhealthy carbon footprint and it is important now to be aqua-conscious. The Drinking Water Inspectorate, in 2005, found that 99.96 per cent of UK tap water samples that were tested met the daily required safety standards. If blind folded, most people can't tell the difference between bottled and tap water.

Our bodies are 60 per cent water (depends on your weight and gender) and our brains, lungs and blood are mostly water. Our circulatory, digestive, and excretory functions are all affected by our water flow and regulate our body's hormones, temperature and metabolism. When you visit your GP, it is a good idea to ask them what they recommend your daily intake of water should be based on your all around health picture.

Water is our body's necessary catalyst and without it our bodies would cease up and stall. But getting the right amount is critical. It is possible to overdose on water. In America, a woman was competing in a water-drinking contest to win a Wii games console and died. People who run marathons have also died from taking too much water. If too much is drunk in a short period of time, it lowers the concentration of salt in your blood making it lower than the concentration in your body's cells. The water travels from your blood to your cells and organs causing swelling affecting regions that control your vital organ functions like breathing and the results can be seizures, coma and possibly death. So drink what tastes best for you and what best suits. Just drink, it is the river of life flow.

Alex Kolton



### Delicious Quickies Recipe of the Month - Frozen Strawberry Low-Fat Yoghurt

Serves 4  
Preparation 10 mins. (And freezing time)

#### INGREDIENTS

- 400g (13 oz) Strawberries, hulled and chopped
- 85g (3 oz) Icing Sugar, sifted
- 1 lime- juiced
- 150g (5 oz) Natural, Low-Fat Yogurt

- Puree the strawberries with the icing sugar and lime juice in blender or with hand-held device.
- Stir in the yogurt (when frozen, yoghurt will taste less sweet so taste to see if more sugar or lime juice is necessary.)
- Pour the mixture into a shallow, lidded plastic container (Can also be made in ice-lolly molds for children.) and freeze for about 2 hours or until frozen around the edges and starting to firm up in middle. (If you have an ice cream machine, pour in mixture than freeze.)
- Transfer the mixture to a blender, food processor or hand-held blender and process until smooth. Return to the freezer. Take out and blend again when frozen, one last time.
- Before serving, put the ice cream in the fridge for about 30 minutes to soften then serve.



### GET WET, GET SWIMMING

It is well known that swimming is one of the best all around sports you can do. More and more indoor pools are being built every year and it is by far one of the most pleasant work outs. Given British weather, swimming enables you to work out prediction free and with little equipment or preparation. Here are some of the top reasons to look to swimming as an all around healthy choice:

1. Toning and Weight Loss Swimming is a sport that allows you to train at the right intensity and pace. In the water, you will stay in an even heart rate zone and with just 20 minutes a workout, you will see results quickly.
2. All Over Toner It is easy to work out a particular, 'hot spot' of your body such as tummy or bum and ignore the all around need to tone. Swimming tones yours whole body as you work and uses more muscles at once than most sports.
3. Release The sensation of diving into a pool peels back a day's stress like nothing else. It is so easy to check out when you swim and concentrate just on getting from one side to the next.
4. Gentle Swimming is brilliant for people who has over worked and injured knees and joints. It is exceptionally low impact on these areas and is also great in helping to repair wounds and injuries.
5. Time Passer People will often remark how quickly a 20 minute or half hour swim session will go. Like playing by the seaside when we were children, you look up and it is dinner time.



### LONDON POOL GUIDE

- Ironmonger Row Baths**  
Open Mon-Fri 6.30am-9.30pm, Sat 9am-6pm, Sun 10am-6pm.  
Cost £3.70; Turkish baths £7.70-£12.80.  
Water is kept comfortably warm, between 27C and 28C.  
1-11 Ironmonger Row, EC1 (020 7253 4011/[www.aquaterra.org](http://www.aquaterra.org)) Old St tube.
- Serpentine Lido**  
Open June 5 to September 11, 10am-6pm.  
Cost £3.75 (adults), 90p (children), £2.75 (concs). After 4pm: £3.00 (adults), 70p (children), £2.00 (concs).  
Hyde Park, W2 (020 7706 3422/[www.serpentinelido.com](http://www.serpentinelido.com)). Hyde Park Corner tube.
- Oasis Sports Centre**  
Open Mon-Fri 6.30am-9pm; Sat, Sun 9.30am-5pm.  
Cost £3.30.  
32 Endell St, WC2 (020 7831 1804/[www.camden.gov.uk](http://www.camden.gov.uk)) Tottenham Court Rd tube.
- Golden Lane Leisure Centre**  
Open Mon, Tues, Fri 7am-8.30pm; Wed, Thur, 7am-9.30pm; Sat, Sun 8am-4pm.  
Cost £3.40. Golden Lane Estate, Fann St, EC1 (020 7250 1464) Barbican tube/rail.
- NORTH**
- Laboratory Spa & Health Club**  
Open Mon-Fri 7a-10pm; Sat, Sun 8am-9pm.  
The Avenue, N10 (020 8482 3000/[www.labspa.co.uk](http://www.labspa.co.uk)) Highgate tube then 43/134 bus.
- Finchley Lido Entre**  
Open Mon-Fri 6.45am-10pm; Sat, Sun 8am-5pm.  
Cost £5.15.
- Swiss Cottage Leisure Centre**  
Open Mon-Fri 6.30am-10pm; Sat, Sun 8am-6pm.  
Cost £3.75.  
Adelaide Rd, NW3 (020 7974 2012/[www.gll.org](http://www.gll.org)) Swiss Cottage tube.
- Hampstead Heath Swimming Ponds**  
Open all day.  
Cost £2.  
Hampstead Heath, NW5 (020 7485 4491/[www.cityoflondon.gov.uk](http://www.cityoflondon.gov.uk)) Hampstead Heath rail.
- Parliament Hill Lido**  
Open Mon-Sun 7-9am, 10am-6pm; Mon, Thur, Fri 6.45-8pm.  
Cost £2 (early or late slots) or £4.30 (middle slot).  
Parliament Hill Fields, Gordon House Rd, NW5 (020 7485 3873) Gospel Oak rail.
- Laboratory Spa Hendon**  
Open Mon-Fri 6.30am-10pm; Sat, Sun 8am-10pm.  
Adm. £91 for month membership. 14 Hall Lane, NW4 (020 8201 5500/[www.labspa.co.uk](http://www.labspa.co.uk)) Hendon Central tube, then bus 113 or 186.
- SOUTH**
- Tooting Bec Lido**  
Open 6am-8pm daily.  
Open Mon-Fri 6.45am-6/7/8pm (weather dependent); Sat, Sun 12noon-6pm.  
Tooting Bec Rd, SW16 (020 8871 7198/[www.wandsworth.gov.uk](http://www.wandsworth.gov.uk)) Tooting Bec tube.
- Brockwell Park Lido**  
Cost £2.50 (morning swim), £4 or £5 (weather dependent).  
Dulwich Rd, SE24 (020 7274 3088/[www.brockwelllido.com](http://www.brockwelllido.com)) Herne Hill rail.
- Crystal Palace National Sports Centre**  
Open Mon-Fri 6.45am-10pm, Sat 8am-6pm, Sun 9am-6pm.  
Cost £2.20 (before 5pm) or £3.90 (after 5pm).  
Ledrington Rd, SE19 (020 8778 0131/[www.gll.org](http://www.gll.org)) Crystal Palace rail.
- Waterfront Leisure Centre**  
Open Mon-Fri 7am-11pm; Sat, Sun 8am-9.30pm.  
Cost £1.40-£1.80.  
Woolwich High St, SE18 (020 8317 5000/[www.gll.org](http://www.gll.org)) North Woolwich rail.
- EAST**
- London Fields Lido**  
Open Mon-Fri 6.30am-8pm; Sat, Sun 6.30am-5pm.  
Cost £2.70-£3.85.  
London Fields Westside, E8 (020 7254 9038/[www.londonfieldsgroup.org.uk](http://www.londonfieldsgroup.org.uk)) London Fields rail.
- Canary Riverside**  
Open Mon-Thur, 6am-11pm, Fri 6am-10pm, Sat 8am-9pm, Sun 9am-9pm.  
34 West Ferry Circus, Canary Wharf, E14 (020 7513 2999/[www.virginactive.co.uk](http://www.virginactive.co.uk)) Canary Wharf tube.
- East Ham Leisure Centre**  
Open Mon-Fri 7am-10pm; Sat, Sun 8am-5pm.  
Cost £1.10-£3.35 324 Barking Rd, E6 (020 8548 5850/[www.gll.org](http://www.gll.org)) East Ham tube.
- St George's Swimming Pool**  
Open Mon-Fri 7am-9pm; Sat, Sun 8am-6pm.  
Cost £2.40-£3.80.  
John Orwell Sports Centre, Tench St, E1W (020 7488 9421/[www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)) Wapping tube.
- York Hall Leisure Centre**  
5-15 Old Ford Rd, E2 (020 8980 2243/[www.gll.org](http://www.gll.org)) Bethnal Green tube.  
Open Mon-Fri 7am-9.30pm, Sat 8am-8.30pm, Sun 8am-7.30pm.  
Cost £1.30-£4.10.
- Hampton Open-Air Pool**  
Open Mon-Fri 6am-9pm; Sat, Sun 9am-5pm.  
Cost £4.50-£6.20.  
High Street, Hampton, Middlesex TW12 (020 8255 1116/[www.hamptonpool.co.uk](http://www.hamptonpool.co.uk)) Hampton rail.
- Richmond Pools on the Park**  
Open Mon 6.30am-7.45pm; Tue-Fri 6.30am-8pm, Sat, Sun 7am-5.45pm  
Cost Adult £3.90, child £3.20  
Old Deer Park, Richmond, Surrey, TW9 (020 8940 0561/[www.springhealth.net](http://www.springhealth.net)). Richmond tube/rail.
- Acton Swimming Baths**  
Open Mon-Fri 7am-10pm; Sat, Sun 8am-6pm.  
Cost £1.65-£4.80  
Salisbury St, W3 (020 8992 8877/[www.gll.org](http://www.gll.org)) Acton Central rail/207, 607, 266, E3 bus.
- Gurnell Leisure Centre**  
Open Mon-Fri 7am-10pm; Sat, Sun 8am-5pm.  
Cost £1.65-£3.35  
Ruislip Rd East, W13 (020 8998 3241/[www.gll.org](http://www.gll.org)) Perivale tube/Castle Bar Park rail/E7, E9, E10 bus.
- Porchester Centre**  
Open 6.30am-10pm; Sat, Sun 8am-8pm.  
Cost £4.85.  
Queensway, W2 (020 7792 2919/[www.westminster.gov.uk](http://www.westminster.gov.uk)) Royal Oak or Bayswater tube.