

## Newsletter May 2008

Welcome to the May 2008 edition of the [WeightMatters](#) newsletter. This month we explore how healthy Londoners really are, and start our new column with upcoming fitness events around the capital. Our new 6-week packages are proving very popular, so sign-up now if you want to look great for your summer holidays. And with Father's Day just around the corner, why not give him the gift of health? Our Father's Day gift vouchers are the perfect present!



### James is on your screens and in the press this month!

#### UKTV Style 'The Truth About Beauty'

Monday, May 12th @ 10pm (continuing all week until Friday 16th)

Watch how James helps 4 women turn back the ravages of time with his magical mix of psychology, exercise and nutrition!

#### Ryanair In-flight Magazine

James scribes the cover story of '6 weeks to a beach body' - [download it here >](#)

[download](#)

### psychology



#### Understanding Emotions

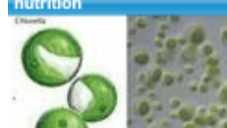
Sometimes we feel uncomfortable feelings, and turn to food to distract us and give us 'pleasure.' Identifying what's really going on can help us tackle emotional eating.

**Remember that it is normal to experience sad feelings in response to many life events** (e.g., deaths, divorce, separation, children leaving home, moving away from friends, and so on). If you are struggling with this symptom, please consider the following self-help strategy.

- **Identify Your Thoughts When Your Mood Changes.** When you notice a mood shift toward the negative, ask "What am I saying to myself right now?"
- You can use the same technique when you experience **other symptoms**. For example, if you experience the urge to overeat, you can work backward, to identify the automatic thoughts that occurred before the urge.
- **Keep a Journal.** Early in the morning, even before you are fully awake, is a good time to catch automatic thoughts.
- **Talk to Someone You Trust.** Share your thoughts and feelings about a situation that is bothering you. As you speak, listen for any thinking errors.
- **Visualize.** Try to imagine a situation that causes negative moods or feelings, such as fear, embarrassment, or sadness. As you visualise, tune into the words you hear yourself saying.
- **Approach the Situation.** Sometimes we avoid situations without understanding the thoughts behind our decision. In real life, if you can, approach a situation you have been avoiding. As you approach it, tune in to what you are saying and "seeing" in your mental images.
- **Look at the consequences that result from your thoughts.** What emotions do they cause you to feel? How do they affect your self-esteem? How do they affect your behaviour? Do they bring you closer to other people, or make you feel more alone? Are these thoughts causing unnecessary suffering for you?

Next time, we will explore what you can do with the feelings and insight you have unearthed.

### nutrition



#### VITAMIN WATCH

##### Sun Chlorella A

Who knew? The Superfood Chlorella is a daily supplement that 30% of people in Japan have been taking for years. Perhaps it is as commonly consumed as Vitamin C is by western cultures. Chlorella is green algae that is rich in chlorophyll and is an excellent source of vitamins and minerals. It promotes detoxification, growth stimulation, heals wounds, relief of constipation and is meant to even combat the common cold.

It is believed that Green Superfoods, such as Chlorella, are the most natural and comprehensive of the diet supplements. They are supposed to bring nourishment and detoxify naturally and it is said there is little that competes or compares to its qualities. Ultimately, it recharges the body better preparing it to fight off invading ailments.

PGA Golfer Aaron Baddeley eats green algae bars and swears by Chlorella. He even played in the Sun Chlorella Classic. 'Chlorella A is the main ingredient... It's full of protein, carbs and it keeps you on a good even keel.'

### exercise



#### Where Does London work out the most?

How do you think your borough fared in the TimeOut Health Survey 2007?

More than 350,000 Britons were interviewed from October 2005 to April 2006 in The Active People Survey about their physical activity levels. The result is the 'percentage of adults taking part in at least 30 minutes of moderate intensity sport and active recreation (including recreational walking) on three or more days a week.' It makes one wonder just how healthy is your lifestyle and could you be exercising more. For the most part, living near green space is going to get most out but it is keeping up with it year round that it is the real trick. If it is raining, how does one keep on a work out regime? It is indeed a challenge. See how your borough ranked.

Richmond tops the list aside London's most affluent boroughs and two of the five Olympic boroughs are at the bottom of the table. Come on London! Sports Minister Richard Caborn was rather disappointed by the results: 'In the last decade, we have invested £3 billion into providing new state-of-the-art facilities that are both accessible and affordable. But the Government can only do so much. Individuals must start to take responsibility for their health and fitness. The public has to get motivated if participation is going to rise.'

Neville Rigby from the International Obesity Taskforce says, 'The evidence shows that it's difficult to sustain long-term regular exercise. A lot of people are put off by the gym culture and the competition in sports. We need to encourage general activity-walking and climbing stairs-to improve physical fitness.'

The most ideal solution is by far working with a personal trainer. At the workplace we are motivated by our bosses and co-workers (and also because we want to keep food on the table!) and our spouses and children keep us working towards our life goals. So having someone who will guide and train you each day to finding fitness success is a natural choice with remarkably the greatest success results. Finding a good trainer will give you the jumpstart and tools you need to get started which is often the hardest bit.

\*People doing 30 minutes of active recreation 3 days per week

#### Most

- 1 Richmond 31.6%
- 2 Wandsworth 27.3%
- 3 Kensington & Chelsea 24.2%
- 4 Westminster 23.5%
- 5 Kingston 23%

#### Least

- 28 Enfield 15.9%
- 29 Redbridge 15.1%
- 30 Barking & Dagenham 14.6%
- 31 Newham 14.2%
- 32 Greenwich 11.9%

(Source: Active People interim survey, conducted by Ipsos MORI for Sport England, 2006)

### what's on



#### Get Up and Get Going: May 2008

##### Bluewater Time Trial 4k / Running Sat, May 17

[Bluewater Shopping Centre](#)

Meet at the bus station outside Marks & Spencer, Greenhithe, Kent, DA9 9ST  
0845 199 9951, [www.sherunsheruns.co.uk](http://www.sherunsheruns.co.uk)

Category: [Running](#)

Times: Sat, 8am Price: free

Rail: Greenhithe rail-Charing Cross

##### Bushy Park Time Trial 5k/ Running Sat, May 17

[Diana Fountain Car Park](#)

Chestnut Ave, Bushy Park, Hampton, TW12 2EJ, 07785 393054, [www.bppt.net](http://www.bppt.net)

Category: [Running](#)

Times: Sat, 9am

Price: free

Rail: Hampton Court rail-Waterloo

##### London Rollergirls 'Roller Derby' session Sat May 17

[Mulberry Leisure Centre](#)

Richard St, E1 2JP, [www.londonrollergirls.com](http://www.londonrollergirls.com)

Category: [In-Line Skating](#)

Times: Sat, 3.45-6pm

Price: £5

Tube: Shadwell

##### Richmond Park Time Trial 5k Sat, May 17

[Tasmin Trail](#)

Richmond Park (Richmond Gate), off Richmond Hill, Richmond, TW10 6RW, [www.parkrun.com](http://www.parkrun.com)

Category: [Running](#)

Times: Sat, 9am

Price: free

Tube: Richmond

##### Mediaeval sword fighting classes Wed, May 21

[Colombo Centre](#)

34-68 Colombo St, SE1 8DP, 07709 639881, [www.fightmedieval.com](http://www.fightmedieval.com)

Category: [Fencing](#)

Times: Wed, 8.30-10pm; Fri, 8-9.30pm

Price: £40/month or £13/lesson

Tube: Southwark

##### Poekoelan tjiniminde tulen classes Wed, May 21

[Fitness First](#)

West 12 Shopping Leisure Centre, 1st Floor, The Broadway, W12 8PP

0870 898 0607, [www.poekoelan.co.uk](http://www.poekoelan.co.uk)

### packages



#### Packages

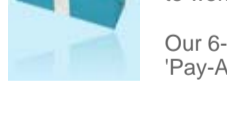
We have designed multiple WeightMatters Service packages to give you the ultimate choice of how you want to work with us.

Our 6-Week Packages get results - FAST. Or choose from our

'Pay-As-You-Go' options. [more details >](#)

[sign-up now](#)

### testimonia



"James' simple principles of weight management worked. I lost 25lbs (nearly 2 stone) and took 5 inches off my waist! WeightMatters was about motivation, education and made me accountable"

Gary Barlow - Singer & Songwriter - Take That

### father's day

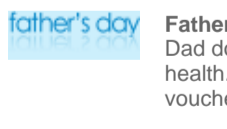


#### Father's Day is Sunday, 15th of June.

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](#)

### 2train



#### 2Train is the perfect way to get fit with a friend or loved one.

Twice as fun, but half the price! Get 2 people sign up, thesecond person is 50% off.

[See here for more details.](#)

[sign-up now](#)

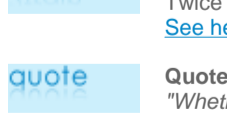
### quote



#### Quote of the Month

"Whether you think you can or think you can't, either way you are right." **Henry Ford**

### recipe



#### Recipe of the Month - Yaki Salmon

##### INGREDIENTS

Salmon Fillets (1 per person)

Honey 4 teaspoons

Soy Sauce ¼ cup

Orange Juice ¼ cup

Sesame Seeds ¼ cups

Plum Tomatoes 1 dozen

Bag of washed Spinach

##### Salad Dressing

Olive Oil

Balsamic Vinegar

Maple Syrup

Maldon Sea Salt & Pepper

Tip: For divine flavour, before you leave or work, put the salmon in a baking dish and cover with soy sauce, orange juice, salt and pepper to marinade, cover and refrigerate. Less work when you get home, but if you don't get around to it don't worry.

Preheat oven to 200. If you have not pre-marinated:

Put salmon in baking dish and cover with soy sauce, orange juice, honey, salt and pepper and sesame seeds. Bake for approximately 15 minutes.

##### To Make Salad Dressing

In Cruet (or empty jar) mix 1/3 olive oil to 1/2 balsamic vinegar and add 3 teaspoons maple syrup, Maldon Sea Salt and pepper then shake.

Take spinach out of bag and place on plates adding plum tomatoes cut in half. Take hot salmon out of the pan and place directly on salad so it wilts the leaves a bit. Pour remaining juice over salmon. Serve with Salad Dressing.