



Sports in London

Finding sport in London can be tricky, so we have decided to provide our members with a list of various women's sports clubs. Participating in sport not only gives you an incentive to get fitter in the gym, it will also add a bit of variety to your physical activities to keep you on track.

Phoenix Mountain Bike Club
www.londonphoenix.co.uk

Hackney City Tennis Club
www.hacknecitytennisclubs.co.uk

Hackney Women's FC
www.hackneywfc.intheteam.com

Dynamo North London FC
www.dynamonlfc.co.uk

West London Water Polo
www.londonpenguin.com

Otter Swimming Club
www.otterswimming.com

London Pumas (Rugby)
www.londonpumas.com

Lea Rowing Club
www.learc.co.uk

Thames Rowing Club
www.sonsrowing.co.uk

Holland Park Lawn Tennis
(0207 727 4050)

Helping To Reduce Your Risk Of Breast Cancer

National Breast Cancer Awareness is approaching and we thought we would offer you some useful information about things you can do to help protect yourself against this disease. Even though there is no guaranteed way to prevent it, by making positive lifestyle changes and eating a healthy diet you could lower your risk of developing breast cancer.

1. Maintain a healthy body weight throughout your life. Weight gain in midlife has been shown to significantly increase breast cancer risk, especially abdominal and upper-body obesity. Almost half of all breast cancer cases occur in overweight women and cancerous breast tumours are harder to find in women with more than 30 percent excess body fat.

2. Minimize or avoid alcohol. Alcohol use is the most well established dietary risk factor for breast cancer. Consuming more than one alcoholic beverage a day can increase breast cancer risk by as much as 20 percent and women who drink the equivalent of roughly two bottles of wine over a week-end more than double their risk of breast cancer.

3. Consume as many fruits and vegetables as possible. Eat five or more servings daily. It is best to eat vegetables raw or lightly cooked, as some of the phytochemicals believed to offer protection against breast cancer are destroyed by heat.

4. Exercise regularly. Regular exercise provides powerful protection against breast cancer. Aim for 30 minutes or more of moderate aerobic activity (brisk walking) five times a week.

5. Eat good fats. The type of fat in your diet can affect your breast cancer risk. Minimize consumption of omega-6 fats (sunflower, corn and cottonseed oils), saturated fats and trans fats. Maximize your intake of omega-3 fats, especially from oily fish (salmon, tuna, mackerel, sardines, lake trout and herring). Consume monounsaturated oils (canola, olive oil, nuts/seeds, avocados) as your primary fat source, as these foods have potential anticancer properties and nuts and seeds provide you with the cancer protective mineral, selenium.

6. Carbs. Minimize white flour, white rice, white potatoes, sugar and products containing them. These

foods trigger hormonal changes that promote cellular growth in breast tissue. Replace these with whole grains.

7. Consume whole food organic soy products regularly, such as tofu, roasted soy nuts, soy milk and miso. Women who eat soya-rich diets have less "high risk" dense breast tissue. Dense tissue is clearly associated with an increased risk of breast cancer.

8. Wash your food thoroughly. Avoid environmental pollutants, such as pesticides and industrial chemicals and try to eat organic foods if possible, or make sure you wash your fruit and vegetables thoroughly before eating.

9. Get some sunshine. Women who spend time outdoors or get a lot of vitamin D from their diets or supplements may be less likely to develop breast cancer than women with less of the nutrient. But make sure you wear sunscreen!

10. Maintain a positive mental outlook. Take time out to relax or meditate and get adequate sleep (7-8 hours per night). The mind-body associations with breast cancer are huge.

Gym Staff Profile

Dede has been working at the gym as a Gym Assistant and Personal Trainer since 2005. She has also trained clients at other well-known gyms in and around the area. Her favourite thing about Personal Training is to see her clients walk away happy with themselves as she feels that fitness is not only physical but



holistic. Dede also works as a tennis coach for adults and children and is co-founder of Urban Fitness UK; a sports company which specialises in tennis coaching and fitness - visiting schools and promoting sports activities to children. She is also a trained instructor in the martial art of Kixa, which originates from the mountains of Indonesia and is a method of self defence, physical fitness and central power. Aside from the fitness activities that she enjoys you can often find Dede with a brush and canvas in hand, as she loves to draw and paint. Her

favourite places in the world are the USA and Spain and her favourite food is a hamburger!

Autumn Health

In Autumn the air becomes a bit crisper, and the leaves change. Everything slows down, and the days shorten. Yang turns toward yin. The wind can be a bit cooler. Make sure you've got a jacket with you and cover your neck, wrists and ankles to avoid colds and flu's - the wind has a way of overcoming the immune system. Make sure you're eating well and your digestion is good, be-

cause that's the root of your immune system strength. Dryness is a common problem in the autumn, especially as you turn on your heating to take the chill out



of the air. It causes constipation, dry throat, skin and eyes, brittle hair, thirst, and prevents sweating, so it's important to drink enough fluids to make sure that you don't get too dried out!

Fitness Fact: Do crunches flatten your stomach?

While abdominal exercises strengthen muscles and make your stomach as hard as a washboard, you won't see much difference if you have body fat covering them up. You have to lose it all over by increasing your activity and reducing your calories.

Sugar Cravings

We may know that a crisp green apple would make a healthy snack after lunch, but it doesn't necessarily stop us raiding the vending machine or cracking into the chocolate biscuits! To beat your cravings try to eat regular meals, including breakfast such as a banana when you awake, or sugar free cereals. Reduce large meals which make you feel sluggish and make you crave stimulants like sugar or coffee and try to eat little but often to keep blood sugar levels high throughout the day. You may also be craving sugar due to low serotonin levels, which can easily be increased through exercise and will also help motivate you to eat a healthy diet.

Breathing Meditation

Purpose:

To promote peacefulness and relaxation.

Meditation Technique:

1. Find a quiet place to meditate where you will not be disturbed.
2. You can sit cross legged on the floor or on a chair.
3. Eyes may be fully open, half open, or slightly open, just letting in two small slits of light.
4. Take a deep breath in through your nose, or mouth if you prefer, and try to feel that you are inhaling calmness into your body.
5. As you breath out, try to feel that you are exhaling restlessness and repeat for several minutes.
6. Continue to breath this way, inhaling total inner peacefulness and exhaling all remaining restlessness.
7. When you feel you have completed your meditation, slowly open your eyes and sit for several minutes, observing the peacefulness in and around you.