

# News Letter July 2009

## Stress Busting Fitness Tips

Does it seem like how many hot baths you take and relaxation candles you light, you still feel tense and tired? Exercise could be the key to helping you chill out.

It's well known that exercise helps relieve stress, but it's usually when we feel we can least afford the time to do it that we need to workout the most.

There's no doubt that physical exercise has a positive effect on stress and can calm the mind and relax the body.

A good workout such as Curves 30 minute workouts will give you time to clear your mind and provide a healthy outlet for pent up tension and frustration. It will also cheer you up as exercise releases endorphins – the body's feel-good hormones.

After being stuck in traffic for half an hour, a good workout that works the cardiovascular system and raises your heart level.

## *Stressed?*

**>Feeling fed – up and hassled? Got a headache and tense shoulders? These sample stress-relieving exercises will help:**

>Standing tall, lift your head up and back so that you stretch your neck. Slowly turn it to the right and then to the left. Dip your head and return to looking straight ahead.

>Slowly rotate your head in a clockwise and then anti-clockwise direction.

>Take your shoulders back as far as they will go. Lift your left shoulder and relax it down again. Now swap and lift and relax your right shoulder.

>Swing your right arm slowly in a full circular movement to free the shoulder. Swing your left arm in the same way.

>Raise and relax both shoulders Repeat ten times.

>Put your right hand over your right shoulder and touch your left shoulder blade. Repeat

with your left hand to your right shoulder

*Feel better now?*

## Top 6 Summer Foods

Nothing screams summertime like a big slice of **watermelon**. You probably recall eating this as a young child, but have let it fall from your diet as an adult. Now is a great time to bring it back into your diet though because of all the different nutrients it provides.

The second fruit you should add to your fat loss diet this summer is **summer squash**. This form squash can easily be added to stir-fries or eaten on it's own as part of a veggie tray with low-fat dip.

**Strawberries** typically get all the attention during the summer months, but this year, change that up and opt for blackberries instead. This berry has a sweet taste to it and will taste great eaten alone, tossed into your favorite protein shake, or added to a bowl of low-fat frozen vanilla yogurt for dessert.

**Papayas** are another summertime fruit that packs a powerful nutritional punch. This fruit is incredibly high in vitamin C, and also contains the nutrients vitamin C, folate, potassium, and fiber. In addition to this, papaya helps to promote better digestive health by reducing the occurrence of colon cancer.

**Sweetcorn** this vegetable is incredibly sweet and will satisfy your craving for that crunch. It also provides a good source of carbohydrates, so is an excellent vegetable choice for those who are more active during the day.

Finally, the last sweet food you should add to your summer diet this coming year is **cantaloupe**. This melon is another great source of vitamin C and vitamin A, providing well over 100% of your daily needs per cup