



FullContact

A Monthly Publication of Lifeforce Karate & Fitness

Do You Have A Positive Attitude?

By Melody Shuman

The word attitude means a state of mind, behavior or conduct. You control your attitudes. You may not be able to control the weather, but you can control how you think or behave. Your attitude has a direct effect on the outcome of your life. Whether it's a positive or negative effect is your responsibility. A positive attitude is your best choice because it will lead to a more successful and fulfilling life.

The martial arts teaches you to think positively. A positive attitude requires skill, consistence and practice. That is another reason that the distinguished rank of Black Belt is so special. It represents not only excellent martial arts skills and abilities, but also an excellent attitude. Without a positive attitude, you could not reach the level of Black Belt because of the numerous challenges you will face during that journey.

Test yourself for a positive or negative attitude. Answer true or false to the statements below.



best for you to have a positive attitude. If you do, you will surely live a happier, healthier life!

lifeline

Words of Wisdom

“Humility does not mean thinking less of yourself than of other people, nor does it mean having a low opinion of your own gifts. It means freedom from thinking about yourself at all.”

-- William Temple
Former Archbishop of canter bury

1. When I fail a test or challenge, I remain positive, knowing that there is something to be learned from the experience. Thinking negatively will only keep me from growing.
2. When I face a challenging deadline, I roll up my sleeves and rise to the occasion, knowing that I will feel great once I finish. Thinking negatively will keep me from making my deadline.
3. I do not judge my friends by the words or opinions of others. If I judged people based on others' opinions, then I would not have as many friends.
4. I do not blame others for my misfortunes. Blaming others would only make me more miserable.
5. I do not consider criticism from others to be a personal attack on me when it is meant to be constructive. If I did, then I would not be a great leader.

If you answered true to all of the statements above, then you have a highly positive attitude and most likely take every-day ups and downs in stride. If you answered false to any of the statements above, then you are still learning to develop a consistently positive attitude.

A positive attitude causes a chain reaction of positive outcomes; a negative attitude causes a chain reaction of negative outcomes. It is



Kickin' Kids Korner



WHO AM I?

Read the short bio to determine who I am.
(See answer below)

I was a Bavarian immigrant who was born February 26, 1829 and died September 26, 1902. My given name was Lom, but I later adopted a nick name. I became an American citizen in 1853 and moved to San Francisco where the Gold Rush was still going strong. My family was in the dry goods business and I teamed up with one of my brothers to start a dry goods business of my own. I was only 5' 11" and weighed 185 pounds, but instead of working out of a store front, you could often find me leading a pack-horse, heavily laden with merchandise, directly into the mining camps throughout the region. Miners welcomed the buttons, scissors, thread and bolts of fabric I carried. I also had yards of canvas sail cloth intended for tent-making and as covers for wagons that dotted the landscape next to every stream and river in the area.

It was during that time that I noticed how mining took its toll on gold miners' clothes. Miners complained about how easily their cotton "britches" tore and pockets "split right out." Their complaints gave me the idea to make a rugged overall trouser and I invented a new type of pants to suit the miners' tough life-style. I used tent canvas as material for the pants and word soon spread that my pants, which still bear my name today, could take a beating and survive. I soon exhausted my original supply of canvas as the demand grew for my heard-wearing pants. So I switched to a sturdy fabric called serge, made in Nimes, France. Originally called "serge de Nimes," the name was soon shortened to "denim." I also added copper rivets to the pockets so they wouldn't rip as easily and my famous pants were born. My brothers and I made a family fortune on the rugged pants, which are still popular today.

Who am I?



Answer: (Levi Strauss - Creator of Levi Jeans and Founder of Levi Strauss & Co.)

Healthkick

The Power of Fruits

By Jennifer G. Galea MS RD

Fruits are wonderful "power" foods as they contain a full package of nutrients in every bite. First, the carbohydrate source is fructose, which is handled differently by your body than other "simple" sugars, such as sucrose. And for the minimal calories they contribute, fruits are loaded with vitamins and minerals.

Fruits are good sources of carotenoids, vitamin C, folate, and potassium. Carotenoids are used by your body for growth and repair, immune functions, and night vision. Vitamin C is involved in wound healing, strengthening blood vessels, maintaining collagen, resisting infections, and keeping gums healthy. Folate is employed by the body in red blood cell formation, protein metabolism, growth, and cell division. Potassium is crucial to fluid balance, control of heart muscle activity, and proper functioning of your nervous system.

In addition to being good sources of crucial vitamins and minerals, the majority of fruits are also good sources of fiber. Fiber is invaluable in its function in bowel and weight regulation, as well as other beneficial biochemical interactions. For all these "powerful" fruit contributions to wellness, you want to be sure to consume at least two fruits per day, along with three vegetables, to reach the recommended minimum of five servings per day of fruits and vegetables.



The heart rate rises by approximately eight beats per minute for every 2.2 pounds (1 kg) of fluids lost.

Cool water is absorbed a little faster than warm water.



Upcoming Events

August.... 3-4Dixieland Nationals (Studio Closed)

August.... 11.....Open Saturday

August.... 18.....Armored Division - Christian Fellowship

August.... 24-25Survivor Savannah- Savannah, GA

August.... 25.....Black Belts for Christ Tournament - Anderson, SC

Think!

Marilee loves nature and the outdoors. One of her favorite places to spend time is at her town's nature preserve. Marilee decides to be a junior volunteer at the preserve. She attends the training session, gets her volunteer patch, and is ready to go. Marilee has to volunteer twice a month for an entire year, help during the big educational and fundraising events, and attend at least two of the lectures on the preserve. She is eager to start.

After two months, Marilee believes she has made a mistake. Instead of calling them junior volunteers, they should call them junior maids, because the juniors, as they are called, do all the dirty work. If someone needs materials carried out to a site, the juniors get to do it. If someone needs water, the juniors are called. And they have to pick up the trash left over from events. The fun Marilee anticipated from helping people learn about the preserve is nonexistent. Not only that, but spending hot afternoons outside at the preserve is not her

idea of a good time. Marilee is seriously considering quitting the program. What do you think she should do? Should Marilee . . .

- A.) Honor her commitment to the nature preserve and continue through the year?
- B.) Call in sick every time she is scheduled to volunteer?
- C.) Organize all the junior volunteers and go on strike?
- D.) Turn in the volunteer director for violating child labor laws?
- E.) Continue to show up for her scheduled volunteer times but take off for the nature trails instead of working?



Read Acts 20:22-24 to see how Paul reacted under less-than-perfect working conditions.

MEMORY MINDER

PARKING & OUR NEIGHBORS

You may have noticed that we will soon have new neighbors. Here's a reminder that our parking area starts at the "speed bump." We are allowed to park in our neighbor's area only after 6:00 p.m. during the week and not at all on Saturday since it's their busiest day. Please be good neighbors. Thanks for your cooperation!

Back to School Specials

6 Week Back to School Karate Special - Receive a FREE uniform & attend two classes per week. \$119; additional person from the same household \$94.

6 Week Back to School Kickboxing Special - Receive FREE gloves and hand wraps & attend three classes per week. \$79; additional person from the same household \$64. (Minimum age 14).

Ultimate Fitness Course - Next Class begins this Fall. Call 783-5425 to register.



www.lifeforcekarate.com

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Special Delivery





MARTIAL ARTS KIDS Are Better Prepared for Academic School!

Our Back to School Special is going on now!

Martial Arts training can give your child the confidence to excel in school, never settle for second best and grow as a leader. Your child will learn awareness and bully-avoidance techniques that will give you peace of mind.

CALL FOR MORE INFORMATION

Lifeforce Karate & Fitness
(803) 783-KICK (5425)

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