



Kickin'

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Let Martial Arts Be Your Overall Wellness Strategy

by Joseph. Galea

Obesity is a concern among adults and children despite the resources available for getting in shape. To help, the fitness industry's latest trend is in "wellness coaching" according to Jacqueline Stenson, a contributing writer for MSNBC. Why? Personal trainers are discovering that their clients may not achieve their goals just by eating healthy and exercising daily. Wellness coaches are taking aim at their clients' lifestyle issues such as: smoking, food choices, stress-inducing job factors, time management and even personal relationships. By focusing on all areas that impact on their clients' overall health, wellness coaches hope to increase their clients' success.

Tackling fitness obstacles from



a broader wellness approach is an excellent idea because individuals have unique needs that may be limiting their success. One adult may have career demands while another may have family responsibilities. One child may be athletically inclined, while another may be preoccupied with computers or video games. Many forces can challenge an individual's ability to lead a healthy lifestyle and those forces need to be overcome to achieve overall wellness.

Millions of martial arts practitioners already employ this wellness approach and enjoy the complete workout for the mind, body and soul. Martial arts provide each individual with the tools that are needed for long term success and may be more effective than a wellness coaching system. A coach isn't always going to be there for support. The arts prepare students to rely on their own will through personal discipline and self-confidence. In a way, martial arts prepare you to be your own coach.

As your training provides you with exercise to help reduce stress, burn calories, build endurance and strengthen muscles, your instructor can direct your training towards your specific needs and goals. While most students share the goal of achieving a black belt, instructors understand that you may have other goals, as well. Communicate with your instructor and let them know what your needs are. Then do your part, train hard and attend class consistently to discover the powerful results of martial arts training!

action
principles

Adapt

In daily life, through a love of many things, it is possible to remain adaptable. If it starts raining on the way to the beach, you'll enjoy going to the movies. If you are kept waiting for an appointment, don't get angry. Make a few calls or work on your schedule. If you get stuck in traffic, enjoy your favorite motivational audiobook, radio station or CD. Always have a book with you and you will never be alone. The small stuff can't get you down if you are ready to substitute one good thing for another.



Bill FitzPatrick is a 5th-degree black belt, holds a Master's Degree in Education and runs the non-profit American Success Institute: www.mastersuccess.com.



Martial Arts Success Stories

Stephani, Age 11

Kids Zone

Profile

personal



My story starts with me standing on the steps to the dojo. I was so afraid, I could not move. Mrs. Sherwood had to come downstairs to help me into the class. I was the new student in class. Then I started to go more often and I liked it every time. I look forward to every class. I'm 11 years old and a blue belt. I am also a member of the Black Belt Club. I love martial arts and I'm proud to be in the class. I have been training for

one and a half years.

I had a sledding accident at my friend's house. I had a hairline fracture in my collarbone. My arm was in a sling for three weeks, which meant I could not participate in class. The doctor x-rayed my shoulder and said it was healed. It was very hard to go back to class. I was afraid that I would hurt my shoulder again. My family and the instructors helped me to get back into class. I'm very thankful to have all of them in my life. Karate is a big part of my life and I love the people who helped me get back to where I am today.

I would like to dedicate my story to Instructor Marston who is in the hospital getting well. We all miss you at the school. Get well soon.

Stephani is a student at MLK Self Defense Academy in Manchester, NH owned by Joe Sherwood.

Kickin' Kids korner

Welcome to Kickin' Kids, the mind boggling, brain teasing section of Kid's Zone. Check out the 10 names that are partially spelled. Can you fill in the missing letters to figure out what the names are? If you score: 9 or more, you are a Grandmaster; 7 or 8, a Master; 6, an Advanced Student; 5, an Intermediate Student; 4, a Beginner Student; 3, do 10 sit-ups; 2, do 10 push-ups; 1, do 10 sit-ups and 10 push-ups. Guess the Bonus and add +1 to your score. Good luck!

Theme: Martial Arts Actors

J _ _ K _ E _ _ H _ N S _ E _ E _ _ E A _ A L
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C _ _ C K N _ _ R I _ B R _ _ D _ N L _ _
M _ C H _ L _ _ _ E _ H C _ _ W _ _ U N _ A T
_ R _ C E _ _ E E J _ _ F S P _ _ K _ _ N

Jackie Chan, Jet Li, Chuck Norris, Michelle Yeoh, Bruce Lee, Steven Seagal, Cynthia Rothrock, Brandon Lee, Chow Yun Fat, Jeff Speakman, Bonus: Jean Claude Van Damme

HealthKick:

Powerade™ - Does It Really Have Power?

By Jennifer G. Galea MS RD



Most athletes know the importance of adequate hydration. But did you know that some people could lose 3.5 to 4.5 pounds (1.5 to 2 liters) of fluid per hour? And that as little as one percent loss of body weight during exercise will impair performance?

How do you achieve adequate hydration? First, you need to ensure that you are fully hydrated

when beginning exercise. To do this, the recommendation is to drink 12 to 20

ounces (400 to 600 ml) of fluid, 2-3 hours before exercise, in addition to drinking generous amounts of fluid throughout the day.

During exercise, athletes should drink enough to maintain fluid balance (to take in as much as they are using and sweating). To obtain this level of hydration, the recommendation is to drink 6 to 12 ounces (180 to 360 ml) of fluid at 15-20 minute intervals, beginning at the start of exercise.

But what type of fluid should you consume? Should it have sugar and if so, what kind? Should it have sodium? Do you really need a sports drink?

According to current recommendations, you should not drink beverages containing "fructose" during exercise, which means that you should not consume fruit juice. But do you need anything more than water? For intense exercise lasting more than one hour, experts agree that your beverage should contain both carbohydrate and sodium. The carbohydrate level recommended is 4-8%. This level aids in appropriate gastric emptying (passage through the stomach) as well as replacing blood sugar/muscle glycogen. Sodium is important because it may enhance the palatability of the beverage and the "drive to drink", with the end result being an increase in fluid consumed.

Despite the recommendation of drinking regularly during vigorous exercise, most athletes do not consume enough fluids to compensate for their losses. This results in their bodies being dehydrated. Sports drinks, such as Powerade™, are more efficient in reducing post-exercise dehydration. It contains sodium which aids in rehydration by maintaining plasma osmolality (concentration of the blood), which helps maintain the desire to drink.

So yes, a sports drink is definitely a better choice than water for optimal hydration for athletic performance, especially if the exercise is intense or lasts more than an hour. It's important to keep in mind that overall nutrition impacts on your hydration status, so eat right and drink plenty of fluids even when you aren't in training.



FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF
LIFEFORCE KARATE & FITNESS

THINK!

Erica turns off the television with a great sigh. The news is just not good. Planes explode in the air. Young children shoot each other with guns. Floods and other disasters destroy people's homes and communities. People continue to kill each other in the name of religion. What is going on anymore?

Erica gets depressed thinking about it. The world is really a scary place. What's worse is that no one seems to be doing anything to make things better. She wonders what kind of future today's young people have. What should Erica do to cope

with the prospect of growing up in a world that is seemingly out of control?

a) Worry about all the terrible things that could happen to her?

b) Decide to never go outside her home again so she'll always be safe?

c) Realize that God is in control and decide to trust Him for the future?

d) Start carrying a rabbit's foot for good luck?

e) Start wearing rose colored glasses so the world will look better?

For help in knowing what Erica should do, read matthew 6:34.

BLACK BELT CLUB

The Black Belt Club is designed for the student who finds that two days a week is just not enough. As a Black Belt Club member you can attend up to three classes per week. The club meets once a month after the regular classes on open Saturday. To join the Black Belt Club you have to be invited by an instructor. Instructors look for students: with great attitudes, with the desire to practice at the studio and at home, who show that they have made a commitment to the art of karate. Black Belt Club membership is a prerequisite for joining most other teams. FCMA (see below) does NOT require Black Belt Club membership.

FCMA

Have you ever wondered how to incorporate your martial arts into your personal walk with the Lord? Or how to use your martial arts skills to share about the Lord with someone else? If you have, then FCMA (Fellowship of Christian martial Artists) is for you. This group meets at the studio each month for a Bible discussion and to learn new karate skills, forms and weapons that are not taught at the regular classes. At the end of the meeting there is food and fellowship.

UPCOMING EVENTS

June 07 -- Open Saturday - 11 a.m.

Parent's Coaching Class - 10:30 a.m.

June 13-14 -- United Martial Artists (UMA) Championships and Fitness Expo - Charlotte, NC

June 21 -- International Warrior Championships - NJ

June 28 -- Rank Test (By invitation only. Times will vary). Fellowship of Christian Martial Artists - 3 p.m.

Detailed information for events can be found at www.lifeforcekarate.com on the Studio Calendar.

LIFELINE...

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.

--Helen Keller

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PLACE
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HERE



Special Delivery



Children Love Our Kickin' Kids Summer Program!

Looking for a summertime activity that benefits your entire family? Then check out our special Kickin' Kids Summer Program.

Your child will have a blast punching and kicking until their heart's content, making friends and building self-confidence. These days, kids go crazy for martial arts. And parents, you'll appreciate our program because we teach lifesaving self-protection skills in a safe, fun, motivating environment.

We know you can never get enough peace of mind when it comes to your child's safety. So give our Kickin' Kids Summer Program a try. It's the hottest summer program in town.

Class size is limited, so call now!

MEMBER: National Association of Professional Martial Artists