



# Kickin'

Published Monthly for the Friends and Family of this NAPMA School

## Nutrition Information... Fact or Fiction?

by Jennifer G. Galea MS RD

**I**n a recent survey, 40% of American adults reported taking vitamin/mineral supplements and 14% reported taking at least one herbal supplement. While some supplements can offer positive health benefits, there are just as many that may be considered dangerous. So where can you obtain accurate information?

According to the American Dietetic Association's Nutrition and You: Trends 2000 survey, only 11% and 1% sought physicians and dietitians respectively as their source for nutrition guidance. In addition to television, newspapers, and magazines, the internet has become an overwhelming source for those seeking nutrition information.

The reliability of the information presented on an internet site is largely determined by the site's creators. Who are the authors? What are their credentials? Who do they work for? Do they have anything to gain by "selling" you on their point of view?

Always keep in mind that the information presented on the internet is not governed by ANY regulatory agency and therefore not always reliable.

When investigating a supplement on the internet, it is best not to rely on their site for information regarding it. They may just be trying to sell their product and may be misinterpreting scientific studies (either intentionally or due to lack of knowledge) or they may not be relying on any type of scientific evidence at all. Do a little research of your own. Rely on information from known medical/nutritional/scientific organizations or government agencies; such as the American Medical Association, American Diabetes Association, American Heart Association, National Institutes of Health, National Academies of Science, and the U.S. Food and Drug Administration.

Here are two extremely reputable sites on supplement use (to get you started): [www.eatright.org](http://www.eatright.org) (site of the American Dietetic Association) and [www.cfsan.fda.gov](http://www.cfsan.fda.gov) (site of the U.S. Food and Drug Administration)

## action principles

### Don't Complicate Matters

Don't complicate your life.

Think before you act. Look for the simple ways or answers first where less can go wrong.

Work from your basics. Make sure that you understand the assignment or the problem before you begin. What are the time and performance expectations that will indicate satisfactory completion? Re-examine how you are doing things. Is a task consuming all of your time? Is it worth the time you are investing? Do you have the necessary resources? Can it be delegated? If so, is the right person assigned to complete the job? Your research, your quiet time, your commitment to teamwork and your prioritized to-do list should all help. Pare away the unnecessary. Even the philosophy underlying these Action Principles™ can be stated very simply. Improve yourself and help others.





Kids Zone

# Martial Arts Success Stories

What Martial Arts Means to Me  
By George Mejia, Age 15

Profile  
personal



Martial Arts, it's done a lot for me. It's made me a really good kid. After I started Martial Arts I started to believe in myself. I was more confident and more respectful to others, because I used to get really sad and depressed by every little thing. I started when I was 13 years old, now I'm 15. I knew a little bit of English, and I was shy to speak it, but Martial Arts helped me not to be shy and helped me to learn a lot more.

When I started I made a lot of good friends, because all the people at my school are really nice and very friendly, including my instructor and his wife.

Martial Arts has also made me a good martial artist. Last week I went to the Junior Olympics. I sparred red belts, 14-15, 95-105 pounds. I got a gold medal out of 12 people. Martial Arts also helped me not to do bad stuff like stealing, smoking, or disrespecting my parents, etc. This is all thanks to the best, number 1 instructor in the world.

*Student from the Rock Tae Kwon Do Sport Center owned by Darin Carr*



Happy Thanksgiving!

## Kickin' Kids korner



Welcome to Kickin Kids, the mind boggling, brain teasing section of Kids Zone. Check out the 10 words that are partially spelled. Can you fill in the missing letters to figure out what the words are? If you score (9 or more), you are a Grandmaster, (7 or 8) a Master, (6) an Advance 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 word and add +1 to your score. Good luck!!!

_ I _ G R I _ S	F E _ S _
I N _ _ A N _	P _ E S
M _ _ Z E	S _ U _ F I _ G
F _ M _ L _	F _ I E _ D _
_ U _ K _ Y	C O _ N _ C _ P I _

Bonus Phrase: G \_ V \_ \_ G - T \_ A N \_ S

Answers: Pilgrims, Indians, Maize, Family, Turkey, Feast, Pies, Stuffing, Friends, Cornucopia Bonus: Giving Thanks

## strange FACTS

1. The average person laughs 13 times a day!
2. Shrimp can only swim backwards!
3. The average person uses 150 gallons of water a day for personal use!
4. Giraffes have no vocal chords!





# FULL CONTACT



INFORMATION FOR THE FRIENDS & FAMILIES OF  
LIFEFORCE KARATE & FITNESS

## Fighter Group News

The South Carolina State Games were held at Anderson College on Saturday, October 12, 2002. The Fighter Group made a good team showing. Several members had done so well throughout the year they were seeded into the finals at the State Games. Team members are awaiting notification of any championships they've won and their final state rankings.

Congratulations also go out to Allen Burnside and Stephanie Adams, who placed in the Warrior Classic in Gilbert, SC on Saturday, September 28th. Both are rela-

tively new to competition but are placing well early on. Are they potential members of Team Fighter Group next year? Hmmmm...

### THINK!

Roy's mom usually packs a healthy lunch for him each day: fresh fruit, a healthy snack, a low-fat dessert, and two sandwiches. Today, however, she has a meeting to go to, so she tells Roy to buy his lunch.

At lunchtime the line is unusually long. He plans to buy one of the hot lunch offerings, but by the time he gets to the front of the line, the selection he wanted is

sold out. The other two alternatives look frightening. The only other option is junk food. It's getting late and Roy has to make a fast. What should he do?

A) Try one of the alternatives, even if it does look like fish eyes and glue?

B) Select something nutritious from the la carte menu?

C) Grab french fries, brownies, a soda pop, and throw in an apple to make it look good for his mom?

D) Decide that this is a good day to start his high-fat diet and load up on junk food?

E) Offer to buy a bag lunch from one of his friends?

Check out the importance of eating right in Daniel 1:8-16.

## MEMORY MINDER

We will be combining the **November** and **December** rank tests as usual due to the holidays.

The November/December Rank Test will be held on the 1st or 2nd Saturday in December.

## UPCOMING EVENTS

Nov. 09 -- Open Saturday

Nov. 09 --Parent's Coaching Class - 10:30 a.m.

Nov. 15 - 17 -- Warrior's Weekend  
Sesqui State Park, Columbia, SC

Nov. 23 -- Red Hill Baptist Church Demo  
Confirmed Time TBA

Nov. 28 -- Thanksgiving Holiday - Studio Closed

Detailed information for events can be found at  
[www.lifeforcekarate.com](http://www.lifeforcekarate.com) on the Studio Calendar.

## LIFELINE...

Two Rules of Perseverance

Rule #1: Take one more step.

Rule #2: When you don't think you can take one more step, refer to Rule #1.

Translation for kids and Adults: Never quit something that's important to you. Perseverance means "lasting power." If you have perseverance, you have the ability to keep going -- even when the going gets tough.



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*Special Delivery*

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## The Ugly Truth: Your Teen is 85% more likely to be a Victim of Violent Crime

**T**eenagers are 85% more likely to be victims of violent crime than any other segment of our population. Our classes teach children and teens to be aware of potential dangers, to set protective boundaries, and to know what to do if they find themselves in harm's way.

When it comes to self-defense you never want to think, "It will not happen to us." Instead, you say, "I hope it never happens, but if it does my child knows what to do."

Protect your child! Our self-defense programs are ongoing. Call us for a free trial program.



MEMBER: National Association of Professional Martial Artists