

How Martial Arts Creates... **Healthy Habits** That Last a Lifetime!

"Mastering others is strength. Mastering the self is true power" – Lao Tzu (Ancient Chinese Philosopher)

You may not realize it, but every day you step into our academy, you're building **healthy lifelong habits**.

You're one of the *smart few*: You are making physical activity, exercise and positive habits a **big part** of your life. Why is this so important?

Our Sedentary Lifestyle

I don't have to tell you how out of shape **most** Americans are. The statistics are grim: Two out of every three Americans are either overweight or obese. And over the last thirty years childhood obesity has **tripled**. This trend puts Americans at increased risk of heart disease, stroke, diabetes and a whole host of other weight-related disorders. You hear about this disturbing trend it in the **news** all the time. Here's a story I heard recently:

Jim Rome (the sports guy) recently reported the classic "Jungle Cruise" ride at Disneyland was closed for an overhaul. Why? Because the boats (designed 40 years ago) were starting to **scrape the tracks on the bottom of the river**. Turns out the average weight of riders had exploded in recent years and the boats

had to be "adjusted" to handle the extra mass! The list goes on and on.

But know this: Our academy is working hard to reverse this disturbing trend!

Yes, there is a renewed focus on fitness in the ATA and we're leading the charge! Martial arts training is the **best way** to develop healthy habits that last an entire lifetime. Here's how:

Instills a Habit of Regular Physical Activity

Studies show that the *earlier* you develop a habit of regular exercise, the more likely you'll be to **continue that lifestyle into adulthood**. As Dr. Drew Pinsky said in *Muscle and Fitness Magazine*: "Patterns are established **early in life**. And one thing is clear about exercise: It's not a hobby, it's a **lifestyle**. In my experience, if people don't start young with exercise as part of their lives, it's harder to bring them in later". Martial arts training cements a regimen of **regular exercise** into a person's daily routine at an **early age** and makes it a **permanent fixture** in his/her life. This sets students up for success into adolescence and adulthood.

Teaches Goal-Setting

Living a healthy lifestyle requires **goal-**



Ms. Patty Lorenz
5th Degree Black Belt and Owner

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setting. Goals give you a way to **measure** your progress and also help **motivate** you. This is another reason martial arts training is so beneficial. Martial arts teaches students how to set realistic, measurable goals as well as how to **achieve** those goals. In fact, the very belts students wear around their waists **signify the goals they've already achieved!** Goal-setting is a core element of martial arts training and students reap the benefits of this skill for the rest of their lives.

Teaches Discipline

It's great to have positive goals, but if you can't muster the discipline to get to class or exercise regularly, what's the point? **Self-discipline** is engine that drives you **achieve** your goals. Martial arts teach discipline and follow-through by holding students accountable and keeping them on track to reaching their targets. Self-disciplined martial artists are able to both **set** healthy goals as well as **achieve** those goals. And like goal-setting skills, self-discipline pays dividends in all areas of a student's life.

Surrounds You with "Positive Peers"

The Mayo Clinic reports that one of the **biggest risk factors for obesity is social isolation.** Joining martial arts classes helps you **make new friends**, contribute to a positive social support group and form a network of **like-minded peers.**

Take a look around our academy. Just look at all the positive, motivated **winners** we have here. Every day you train, you're surrounded by fit, active people who are all building **healthy habits together.** When you surround yourself with healthy, positive people, it rubs off on YOU. This is one of the "hidden ways" martial arts builds healthy habits: you make new friends, gain a positive peer group and get more social support. And this can add years to your life!

Teaches Good Coping Skills

Everybody needs an outlet for stress. Unfortunately, some people choose **unhealthy** ways of coping: watching TV, overeating, smoking, drinking or gaming excessively. On the other hand, smart people (like YOU!) develop **healthy** and **positive** ways of coping with stress... martial arts! Striking and kicking bags, sparring, perfecting your side-kick in class, practicing forms and competing in tournaments all help you **handle stress**

in a **positive, healthy way.** Letting off steam through martial arts reduces cortisol, bringing your blood pressure down, boosting your metabolism, and taking the edge off your day.

Makes Exercise Fun

Let's face it: pedaling a stationary bike isn't fun and doing endless sit-ups don't turn most people on. But martial arts do! And this is **crucial** to losing weight and staying in shape for a lifetime: Most people who have lost weight – and kept it off - say one of the secrets is to find an activity that "doesn't feel like exercise". Martial arts fits that bill perfectly. It stimulates you **mentally** as well as physically. And let me tell you: Time passes a lot faster when you're sparring than walking on a treadmill! Through martial arts, you learn that physical activity doesn't have to be drudgery.

Makes Other Sports Easier

Finally, martial arts training improves so many areas of your overall fitness, it makes it easier for you to engage in **other** sports and activities. Take one area of fitness: coordination, balance and agility. BBC Health reported in a **landmark** study that "clumsy and poorly coordinated children are at higher risk of obesity later in life". Why? "Because such children shied away from sports as they got older." Makes sense. If you develop balance, coordination and agility at an early age through martial arts, it encourages you to stay active your whole life!

I want to **commend you** for bucking the sedentary trend of our times. **You're one of the few** that realize how crucial exercise and regular physical activity are! Great job – don't give up and stay on track to reach your goals this month!

Mrs. Lorenz



Martial Arts Training Instills Healthy Habits at an Early Age

5 Really Easy Ways to Become A Healthier and More Fit Martial Artist!

Listen: great fitness goes hand-in-hand with being a great martial artist. When you're more fit, you're better able to throw kicks and punches. You can spar for longer periods of time. Your forms look tighter and your techniques are sharper. The benefits are endless. But I said in the main article, you already took the most important step ever in getting into shape and living a healthy lifestyle by becoming a student here at our academy! But it doesn't stop there. Here are **five more tips** to becoming a healthier martial artist.

1 Set Goals and Take it Slowly

Remember losing weight and getting in better shape takes **time**. If you do need to shed a few pounds, remember it took time to gain that weight in the first place. So set goals, but keep them **realistic**. A realistic amount of fat loss per week is **1 ½ pounds**. Anything more means you're **cannibalizing** your own muscles for **protein**. And that's the last thing you want. Why? Because the more muscle mass you have, the more fat you burn **at rest**. Take things **slowly** and understand that serious changes require discipline, consistency and focus over the **long-haul**. Don't expect instant results.

2 Make It a Lifestyle

Avoid "quick fixes" and fad diets. Instead, make positive changes at the **root level**: in your **lifestyle**. Swap sugar-laden cola for water. Eat smaller portions. Take the stairs instead of the elevator. Walk instead of drive. Order a salad instead of the Big Mac meal. Go for a walk or jog outdoors – or throw a **real** football instead of playing Madden on your Xbox. Ask anybody who has shed a lot of weight: little lifestyle changes can all add up to make a **tremendous impact**!

3 Curb the TV Time

Watching TV can be harmful to your health. TV watching induces alpha waves and **slows metabolism**. In fact, studies prove you burn 14.5% less calories while watching TV than simply lying in bed! Add to that the mindless snacking that goes hand-in-hand with TV watching and you have a **perfect**

formula for obesity. That's why experts say the **maximum** time each day a child should watch TV (or play videogames or use the computer) is **one hour** (the average person watches **six** hours of TV per day). Anything more than one hour puts you at risk for obesity. Now, an hour may not seem like a lot of time, but when you fill your life with **other healthy activities** (like attending more classes and practicing more at home!) you'll quickly realize that's enough TV time. By the way, when you **are** watching TV, use that "down time" in a productive way: **Sit on the floor and stretch**. By the end of your hour, you'll be that **little bit more flexible** and able to kick higher in the next class! So nix the colorful, dancing LED screens and stay **active**!

4 Focus on Good Eating Habits




Repeat after me: "food is fuel". When you take this approach to eating, it changes your mindset and helps you make **healthier choices**. And "choices" are the key. Simple things like choosing chicken over beef, grilled chicken over crispy chicken, crispy veggies instead of fries and water over soda do make a big difference. Forgo pre-packaged convenience foods and instead stock your fridge with fresh fruits and vegetables. And above all: be **aware** of what you put into your body. **Be conscious**. The foods you eat form the **building blocks of your entire body**. Load up on junk food and that's the type of body you'll have. Make wise choices and consume healthy foods and you're building a *very different type of body*. Focus on good eating habits - always.

5 Reward Yourself in a Healthy Way

A giant ice cream sundae or value meal at McDonald's is NOT a reward. It's actually a **punishment** that short-circuits all the gains you've been making. Instead of indulging in junk food as a "reward", instead choose a **positive** reward: go to the movies, buy a new martial arts book, schedule a private lesson, attend a seminar or go to a special event. There are millions of healthy ways to both reward yourself AND keep yourself on track to achieving your goals.

Follow these simple tips and build the body you've always wanted!

November 2008 Calendar of Special Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Christmas Sale \$100-\$199 Save 10%	Christmas Sale \$200-\$299 Save 15%	Christmas Sale \$300-\$499 Save 20%	Christmas Sale \$500-Plus Save 25%		CHRISTMAS SALE BEGINS! 	1 Testing Belt Ceremony
2	3	4	5	6	7	8 Demo Practice 1-2
9	10	11	12	13 Order deadline for lettered uniforms- Only if you need to receive before Christmas.	14 Demo Practice 6-7	15 Demo Practice 1-2
16	17	18	19	20	21	22 Demo Practice SWORD CLINIC 2:00-3:30 
23 Thanksgiving Break SCHOOL CLOSED	24	25	26	27 	28	29 →
30	December 5 th NOEL NORTHGLENN 6:00 PM Leadership classes will be held at Thornton NO JR. LEADER	December 6 th High Rank Testing At Thornton 9:00 AM NO CLASSES	December 20 th School Christmas Party at Northglenn Senior Center 6:00 pm			

Life Skill Word of the Month: SELF-CONTROL!

This month's life skill is SELF-CONTROL.

What is self-control? The answer is simple: self-control means **restraint of your actions and feelings**. It also means **making the right choices** at the **moment of decision** and **controlling impulses**. This ties in with our main article in a big way: self-control plays a role in eating right, making healthy choices, staying fit and living a healthy lifestyle. For example, if you can't resist the temptation to grab a Big Mac when you're hungry, it's going to sabotage your efforts to lose weight or feel better.

Also, acting out in class, teasing others and not paying attention are all examples of a **lack** of self-control. But when you attend class regularly, answer up, pay attention, do your homework and **resist unhealthy habits** (like too much videogame time) you're on the path to developing good self-control.

Please see me, Mrs. Lorenz and **let me know what self-control means to YOU** and how you're going to work on improving your self-control this month!

December Announcements

December 5th: Noel Northglenn – ATA Karate for Kids are invited to serve Hot Chocolate and Cookies for Santa and Mrs. Claus at the Northglenn Recreation Center. 6:00 -9:00

December 6th: High Rank Testing with special guest Sr. Master Dan Thor. 9:00 am

December 20th: School Christmas Party at the Northglenn Recreation Senior Center 6:00-9:00

- Gift exchange
- Pot Luck (sit down) Dinner
- Music
- Fun * Games
- Relaxing Evening

December 21st – January 3rd: Christmas Break
SCHOOL CLOSED

Tracy Bare: Any sewing needs please see Tracy Bare or Ms. Lorenz to schedule.

- Uniforms
- Girl and boy scout patches
- Special gifts

Avon: Tracy Bare is our school representative – Great Christmas Gifts available

New and Returning Members at ATA Martial Arts!

NEW MEMBERS:

Jonas Gutierrez
Enoch Gutierrez
Nastajah Cabrera
Emilie Edwards
Kaitlyn Edwards
Angela Li
Caitlin Morris
Cassidy Morris
Jordan Rotkovich
Ryder Milia
Elloit Williams
Jayde Cummings
Bryce Li

Emily Boychyn
Robert Boychyn
Justin Saunier
Jordan Bach
Grace Kulhanek
Courtney Beltzer
Elijah Whitelaw
Blake Stimpson

LEADERSHIP CLUB UPGRADES &

RENEWALS:

Sam Leifheit
Collin Luscombe
Quintin Luscome

Brent Ingle

**Congratulations to all
new members as well as
upgrading members!**

We would like to welcome back

Brittany Widner
Ariel Markovich
Logan Pedroza
Kinsey Meiden
Darlean Meiden

Student Birthdays Here At ATA Westminster / Thornton Black Belt Academies

Ana Carrillo
Edgar De La Cruz
Hannah Rivera
Marc Yosoni
Angela Li
Caitlin Morris

Let's wish all the
birthday students a
warm and happy
birthday!

*Mrs. Lorenz
Mrs. Turner
Mrs. Shuey
Mrs. Skulley
Miss N. Lorenz*



It's time for... **TAEKWONDO TRIVIA**
Test Your Martial Arts Knowledge...and Win!

Student Name _____

According to the main article:

QUESTION #1: What percentage of Americans are overweight or obese?"

- ___ a.) 1 out of every 5
- ___ b.) 1 out of every 10
- ___ c.) 2 out of every 3
- ___ d.) 3 out of every 5
- ___ e.) None of the above

QUESTION #2: Dr. Drew Pinsky said...

- ___ a.) Habits are established early in life...
- ___ b.) Habits can always be changed...
- ___ c.) Habits contribute to a healthy lifestyle...
- ___ d.) Habits happen whether you like it or not...

QUESTION #3: Self-Discipline is the engine that...

- ___ a.) Makes your sparring sessions easier
- ___ b.) Contributes more to your health than any other factor
- ___ c.) Drives you to reach your goals
- ___ d.) Makes you feel proud when you do something really great

QUESTION #4: Letting off steam through martial arts...

- ___ a.) Helps you boost your Jahng-Bahng skills
- ___ b.) Is not always easy, but it's often worth it
- ___ c.) Is a lot more fun than riding a stationary bike
- ___ d.) Reduces cortisol, brings your blood pressure down, boosts your metabolism and takes the edge off your day

QUESTION #5: BBC Health reported that...

- ___ a.) Kids who are clumsy are at higher risk of obesity later in life
- ___ b.) Kids who practice martial arts can become stunt doubles in Hollywood some day
- ___ c.) Kids who practice their forms regularly enjoy better cardiovascular health than those who don't
- ___ d.) Kids who take up a regular program of exercise often don't stick with it; those who do are less prone to obesity

Don't forget! Any student who answers all the questions correctly (without help from an adult) wins a \$5 Karate Dollar towards their next testing, something from the pro shop or tuition! (Note: one Karate dollar per purchase, please).

Referral Reward Program

I'd like to thank those of you who have participated in the **Student Referral Program!** Marketing for new students costs us tons of time, money and energy. Like any business, we need new students to stay in business. Over the years we have found that looking for new students takes away from the time we would rather be spending with you and for you and teaching other students!

If I've already helped you or your child with Taekwondo instruction, then you know how well I serve my students. When you refer your friends and relatives to us, everybody benefits. We can serve you and your kids better. You receive a nice gift. And we assure that **we'll**

take the very best care of any friends or family that you refer our way! For more information about our referral reward program, just give us a call at: **303-426-6456**. It's a great program where, as our way of saying "thanks", we send you a token of our appreciation for recommending us!

Also: If you would like any of your friends, coworkers, relatives, business acquaintances, etc. to receive a **FREE** subscription to this newsletter, please call me at the same number: **303-426-6456** We'll also send them a note with their first issue telling them that you suggested they receive this newsletter, and to contact us if they would like it to stop at any time. If you enjoy this newsletter, share it with people you know, with **no hassle for you!**

Nov 2008 Special Offer! Get Back In Shape as a New Adult Student!

Get Back In Shape with Martial Arts!

Lose Fat, Sculpt Your Midsection and Upgrade Your Fitness with This Special Offer!

If you've ever looked in the mirror and said to yourself, "I really should get back in shape", this is your opportunity! This month only - *November 2008* - I'm making a very special offer just for **new adult students!** As you read in the main article, **nothing** does a better job of helping you develop healthy habits and get **back on the fast-track to fitness** than martial arts! It's **never too late** to learn something new, turn bad habits into good ones, build muscle, strip away stress and keep your fitness from fading.

Here's how it works: Enroll by November 30th and get FREE signup and uniform and 50% off your first month. That's some pretty serious savings. Now is the perfect time to jumpstart a regular program of exercise *before* the holidays strike! You'll be on your way to getting back in top shape AND...just think: you may not even need a New Year's resolution come January!

See me NOW to get more information about this breakthrough offer - and live the life you've always dreamed of: fit, healthy and with more energy!

Nov 2008 Special Offer! Get Back In Shape as a New Adult Student!

**ATA Westminster Black Belt
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8931 Harlan Street
Westminster, CO 80031
303-426-6456**

**Ask about our Thornton Location
303-255-3722**

