

# The East Valley Kicker

"*Nuchi gusui.*/ Food should nourish life. This is the best medicine." -Okinawan Proverb

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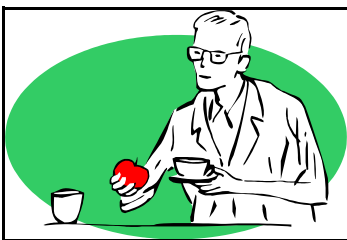
## OCTOBER 2008

### Welcome

- Armaan Dodd - kids
- Harjivan Dodd - kids
- Sahej Dodd - kids
- Kristen Hutcheson - adults
- Jack Johns - lil' dragons
- Spencer Johns - kids
- Rebecca Moffat - adults

### Black Belt Competition Sat. 10/4, 2008 11 am

- Which of our black belt teams is the best?
- Come see the black belts perform and vote for them
  - team kata
  - weapons kata
  - junior full-contact sparring
  - kanji* -Japanese calligraphy
- Bring your friends to vote too
  - They could win karate or yoga (new students only, parent must be here)
- You could win Japanese cultural items in the free drawing



## WHAT I'VE LEARNED FROM OKINAWANS -by Pamela Tull

Have you ever wondered, as I have, how much food a person eats in a year? I've been going to the Food for Health meetings and as part of the group, reading the book *The Okinawan Diet Plan* (it's not a diet) and I found the answer - - it is close to one ton! Yikes. Imagine that! Where does it all go? For some of us (and I include myself in this), we can see where it has gone, and it isn't pretty . . . for some of us, we just deny, deny, deny and blame it on our parents, our physical make up, our hormones, our genes, etc.

It is not solely any of these that magically creates our perfect weight, body, life, health, person. Research proves that Okinawan centenarians (that's 100 years +) are the highest population of the healthiest, longest lived functioning people in the world. Their lifestyle choices (*what they eat / what they do / what they think*) have greater impact on their health and lives than their genes.

The truth of the matter is - - and let me say it

again - - each of us (adults, that is) eats about a ton of food each year (pg. 25-ODP) or 2 to 3 pounds of food each day (pg. 14- ODP). So why are we not as big as an elephant (which, by the way, can weigh from 2 to 5 tons)? It's the delicate balance each of us maintains, in cooperation with our body. It's called the *Energy Balance - it is the equilibrium we reach when our calorie intake equals the number of calories we expend in energy.*

Exceeding our caloric intake by only 100 calories per day - - one-quarter of a piece of cream pie every day - - would be 36,500 surplus calories in a year (one pound of body fat contains 3,500 calories). If you ate that extra 3,500 calories ONLY ten times a year, you would be adding about 10-1/2 pounds to your body.

Don't get depressed by this because it also works that if you decrease your daily food intake by just 100 calories and increase your energy expenditure by 100 calories (for example, walking an extra mile), you would lose 21

pounds in a year! Just by making small changes in your eating habits and increasing your activity each day, you can change your weight and your health for the better.

**"During the years between 1991 and 1998, there was a 50 percent rise in obesity in the United States."** (pg. 20-ODP)

The longevity of Okinawan elders is attributed to: what they eat - - low caloric density foods; what they do - - engage in hearty physical activity; what they think - - take part in socializing, have a reason to wake up (pg 20-ODP), keep a stress-minimizing psychospiritual outlook.

The Okinawan's exercise (*including traditional and other dance, karate and gardening*) are done not to burn calories but to connect their mind, body and spirit; they reduce stress by not rushing all the time and by meditating; and they remain spiritual by engaging in prayer, looking up to elders, and having purpose in their lives. ☀

# OCTOBER 2008



KENSHIN KAN EVENTS

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b>	<b>2</b>	<b>3</b> 7:10-8p Origami Folding, age 9 through adult, FREE, take home your favorite origami.	<b>4</b> 11a Black Belt Competition & Open House, followed by free raffles
<b>5</b>  <i>James' B-Day</i>	<b>6</b> 6:30p Food for Health meets at Unity	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> 9:05a BBC (no 9:05a class today)
<b>12</b>  <i>McKenzi's Birthday</i>	<b>13</b> (regular classes take place) Columbus Day	<b>14</b> (no yoga, no 9:10a class today, Adults at 6:30p today, no 7:30p class, no fit camp)	<b>15</b>	<b>16</b> (no yoga, no 9:10a class today) Last Day to place Century orders this month.	<b>17</b>	<b>18</b> (no yoga)
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> 6:30p Teen Meeting, 7:30p Black Belt Instructors Meeting - both during class.	<b>24</b>	<b>25</b> 1p Certificate Ceremony & Testing (wear full white uniform)
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>  <i>Spencer's Birthday</i>	<b>30</b>	<b>31</b> 4-6p Dojo Halloween Party, FREE (no class today)  Halloween	<i>This month's weapon: bo &amp; 1-part weapons</i>