

The East Valley Kicker

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

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AUGUST 2008

Welcome

- Dennis Rohwer-adults

Bake Sale!!

Sat. Aug. 9,

8:45am-12:30pm

To help kick off our Used Gear Sale Fundraiser we are having a dojo bake sale. We would appreciate donations of baked items this day, and we are looking for volunteers to help set-up and run the sales!!

Accelerator/

Make-Up Camp

Sat. Sept. 6, 2008

WHAT: Join us for our 3rd Annual Accelerator/Make-Up Camp. It's curriculum-intensive training on a Saturday afternoon with lots of attention and time toward your particular rank requirements. Great for catching up after your summer break or getting a jump on your training. Equals about two weeks of classes. Only for students who are willing to work hard for four hours!

WHEN: Sat. Sept. 6,
1:00 pm until 5:00 pm.

INVESTMENT:

\$60 if paid after 9/4

\$50 early bird special paid by Thursday 9/4.

DO YOU HAVE A HEALTHY BODY MASS?

-Jennifer Tull-Gauger

You've heard the news: Americans in general are getting fatter and even our kids have a growing epidemic of obesity, along with its health complications. According to University Health Systems of Eastern Carolina, severe obesity leads to many chronic conditions that, taken together, make up the second leading cause of death in our country. These conditions include:

- High blood pressure
- Congestive heart failure
- Shortness of breath
- Heart disease
- Stress incontinence
- Diabetes
- Depression
- Sleep apnea
- Arthritis
- Asthma
- Blood clots

On the other hand, maintaining a healthy

weight helps prevent those conditions as well as increasing the health and usability of your knees and back and in the long run increasing your healthy, active life span!

Overweight now but wanting to be lighter? How long did it take to put on that extra weight? It will probably take about that long to get back down to your preferred poundage. Be patient and persevere. "Even modest reductions in weight—5 percent to 10 percent—have been shown to reduce the risk of many illnesses." (Source: The Okinawa Diet Plan.)

In order to make progress it helps to see where you are now. I recommend starting with a benchmark of your

current Body Mass Index (BMI.) This is an approximate calculation of your body fat, which indicates many health risks. There are many ways to find your BMI. Some easy online calculators are: www.halls.md/body-mass-index/bmi.htm (my favorite—compares to your peers), www.cdc.gov, www.JennyCraig.com and nhlbisupport.com. If you don't have internet access, ask to see the BMI Table at the dojo, or ask me for the math printout if you'd like to literally calculate it the old fashioned way.

Once you have your BMI, write it down, along with your current weight. Then start implementing your plan for better health, today!




August 2008



KENSHIN KAN EVENTS

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>Weapon of the month: Sai/Tan Bo/Kama/Bo</i>	USED KARATE GEAR SALE to raise funds for dojo beautification. Starts with a bake sale 8/9, ends 8/16.		1	2
3	4	5	6 Food for Health Meeting 5:30 pm	7 (BB's kanji)	8	9 Bake Sale & Used Gear sale starts 8:45a. BBC 9:55a (No Weapons Class Today)
10	11 Used Gear sale continues this week - check out the great deals!	12 Fall Weekly Schedule Begins	13	14 Last Day to pre-pay Arcade Night for only \$15 per child.	15 Arcade Night 7-10p, \$20 per child today - video games, snack & drink.	16 Last Day of the Used Gear Sale Fundraiser.
17	18	19	20 Food for Health Meeting 5:30 pm	21 Last Day to place Century orders this month. (BB's kanji)	22	23 (No Yoga Today)
24	25	26	27	28 Teachers & Assistant's Meeting 7:30p during BBT.	29 Testing 6p* (No Class Today)	30 (No Classes Today) Dojo Closed thru Mon. 9/1 for Labor Day weekend.
31	SEND YOUR KIDS BACK TO SCHOOL WITH CONFIDENCE! Limited-Time Special: Get 2 Intro Programs for the price of 1. (\$30 for 2 <i>new</i> students' first week and uniform.) Tell your friends! Thank you for your referrals, they keep us going.					