

ma**Fastbreaks**

A MEMBER NEWSLETTER FROM MARTIAL ARTS INDUSTRY ASSOCIATION

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Thanks!

A few years ago I was walking to pick my son up from school. We unfortunately lived too close for a bus pick-up but also too far from the school for my 1st grader to walk home alone. It had become a ritual for my young daughter, infant son and I to walk the 6 blocks every afternoon.

On one of those afternoons it began to rain about halfway to the school. My infant was sheltered by his carriage cover and blanket, but my daughter and I were getting soaked.

When a car pulled up to the curb with a lone male driver in it I panicked and began walking faster. The man, apparently realizing my fear, got out of the car (getting wet himself), handed me an umbrella, got back in his car and drove off.

This small, but wonderful gesture proved to me that even with all the chaos in

Summer Fun & Summer Fitness

Summer is the best time for outdoor fun! It's all about the sun, your bike, the beach, the mountains, picnics, pools and parties. Summer is also the best time of the year to launch and maintain a fitness program. A balanced summer fitness program combines a little indoor exercise with your outdoor exercise to create a healthy and safe level of activity. Too much indoor exercise might have you feeling like you're missing



all the good weather, and who wants to use a stair-climbing machine when you can take a hike outdoors among the trees? Outdoor activity is great, but more challenging to arrange, because you have to load the kayaks, pack the backpack, repair the tire and bring the towels. Don't forget that exercising in the sun has it's own

Quotes to Ponder

Our greatest glory is not in never falling but in rising every time we fall.

— Confucius

It's not the size of the dog in the fight that matters, it's the size of the fight in the dog!

— Anon

Your opponent, in the end, is never really the player on the other side of the net, or the swimmer in the next lane, or the team on the other side of the field, or even the bar you must high-jump. Your opponent is yourself, your negative internal voices, your level of determination.

— Grace Lichtenstein

Kites rise highest against the wind, not with it.

— Winston Churchill

Ever tried? Ever failed? No matter. Try Again. Fail again. Fail better.

— Samuel Beckett

Always bear in mind that your own resolution to success is more important than any other one thing.

— Abraham Lincoln

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Summer Fun and Summer Fitness

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health-related issues too. We have few fitness suggestions to help you get your summer exercise program balanced and in full swing.

1. Use the martial arts for your primary workouts. A 45-minute class under the care of a qualified instructor can meet all your fitness needs on any given day. With a good, solid, supervised workout, you can then enjoy the outdoors without the burden of "having to get your workout in."

2. Make a commitment to three martial arts classes a week. It will allow you to maintain a consistent schedule that won't be interrupted by summer storms, friends who cancel or other unexpected occurrences.

3. Enjoy the benefits of professional coaching. Face it; you always train harder under the supervision of a professional coach. Your level of exercise will be more consistent in a class and you'll have better warm-ups, cool-downs and stretching time.

4. Martial arts classes reduce your risk of being hurt in "weekend warrior" activities. Martial arts classes will help keep you fit, lean and flexible.

Summer is the best time for outdoor fun, but don't be afraid to go back indoors at least three times a week for martial arts lessons. Not only will it increase your enjoyment of the great outdoors, but you'll also be learning new techniques and acquiring new skills at the same time. Be sure to bring that sunscreen lotion with you!

Winter's Hibernation is Over

When spring arrives, even the bears shake off their sluggish, winter lethargy for some stimulating, active fun.

At the zoo, everyone gathers around the cute bear cubs playing with so much energy. But are they playing alone? No. Mama bear is close by, and even joins in to play. Should we be any different? No. Spring is nature's way of saying, "Grab the kids, go outside and enjoy a rousing, physical activity together."

Believe it or not, children value their parents' opinions more than their friends and superstars. So, if you're complaining that your children just sit around watching TV, then it's up to you to do something about it. They may complain, but show them that physical activity is important to you. You can guarantee success by following some simple rules.

First, put it in writing. Define what physical activity is and why you feel compelled to have your family active. This is a good time to look at your family's health history, and discuss why and how exercise may help prevent disease. Then set up a fitness log for each member of the family. A paper with three columns to record the activity, length of time or # of reps and how you felt after the activity. This will give a tangible record

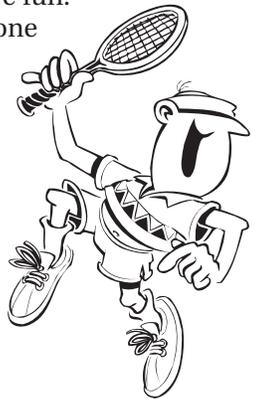
of time well spent, and allow you to set individual and family goals.

Schedule time for family fitness. Throw dinner in the oven while everybody is slipping on tennis shoes, and then go outside. Put it on the calendar 3-4 times a week along with other important appointments.

Take turns picking the activities you do as a family. Make sure everybody gets to participate in an activity that makes him or her shine. This is the best way to ensure physical activity becomes a necessary habit for life.

Make it fun! Not everybody is going to like every activity you try, but just like vegetables, variety is essential to physical fitness. My family loves to play tennis, but my daughter is lucky to hit the ball once per game. She still plays and laughs and has fun, because she knows it's for fitness not winning. She also knows we will play volleyball eventually and I'll be lucky to get it over the net. We laugh at ourselves and praise every tiny bit of improvement.

With a little planning, you can enjoy the outdoors while bonding and showing physical fitness is an important part of your family's life.





Thanks!

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the world there are still some people who will go out of their way to help others. This man was not looking for public praise, or trying to look good for anyone. He just did something nice, on his own, with no ulterior motive.



For more information on

Adult, Children, and Family Martial Arts Classes contact:



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