



Vanity and pride are different things, though the words are often used synonymously. A person may be proud without being vain. Pride relates more to our opinion of ourselves; vanity, to what we would have others think of us.

— Jane Austen

Fortunately, my parents always encouraged me to be grateful that I was healthy, and stand up and be proud and carry myself with dignity.

— Susan Anton

You cannot have a proud and chivalrous spirit if your conduct is mean and paltry; for whatever a man's actions are, such must be his spirit.

— Demosthenes

Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself.

— William Faulkner

I am impelled, not to squeak like a grateful and apologetic mouse, but to roar like a lion out of pride in my profession.

— John Steinbeck



## Metabolism – What's it all About?

**With** the rising state of obesity in this country and all the health-related diseases that accompany it, you may have noticed a number of campaigns aimed at educating young and old alike about the importance of regular exercise and wholesome nutrition. A big part of that is encouraging people to take action and get to know more about their bodies and how to 'self-help' their way to optimal health.

Before we move on, consider this: have you ever heard someone say: "Oh, I just have a slow metabolism; it's in the genes. I'll just have to accept that I'll always be built this way. What's the point in trying to change?" This is only true to some extent. Indeed, at birth, our bodies are genetically programmed – a fact we cannot change. But this only accounts for part of the equation. Don't let that stand in the way of looking and feeling your best! The key is education: every day the medical and science community is presenting us with new information on the human body. Your job is to never stop searching for ways you can improve and maintain your health.

Take the time to read through the following article and learn more about the process of metabolism in your body and how you can, through proper diet and exercise, improve how it functions in your body. When it comes to your health, are you ready to get in the driver's seat?

### Eating on the run....

Ever find yourself running out the door in the morning without so much as a drink or breakfast? Nothing can replace a wholesome, balanced meal to start your day, but there are alternatives to running on empty.



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# Metabolism – What’s it all About?

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Plan ahead for those times you find yourself short on time: next time you go to the grocery store, grab a box (or two!) of all-natural energy/nutrition bars. They offer a nice selection of flavors, and most importantly, will give you the morning boost you need.

Fortified with loads of whole-grain and quality ingredients, these nutrition-dense bars deliver a power-packed punch. For example, a typical bar contain:

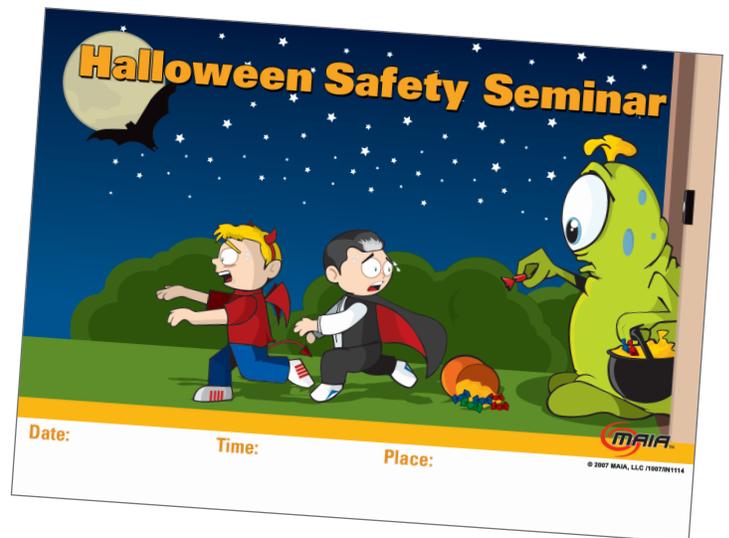
- 35% of the Recommended Daily Allowance (RDA) of calcium – equivalent to an eight-ounce glass of milk.
- Nine grams of soy protein, equal to one-third cup of soy milk.
- 400 micrograms of folic acid (100% of the RDA).
- 30% of the RDA for iron.

- 3-4 grams of dietary fiber.
- Plus significant levels of anti-oxidants (vitamins A, C and E), plus the mineral selenium for overall wellness, and zinc, which promotes proper immune function.

Word of advice: stay away from the commercial, highly processed varieties; they are often lacking in quality ingredients!

You can find all-natural energy/nutrition bars in grocery, health food or sports nutrition stores. An even wider selection is available online (and usually at a discount). Check it out!

## Special Events:



# Buzz Word of the Month - Metabolism

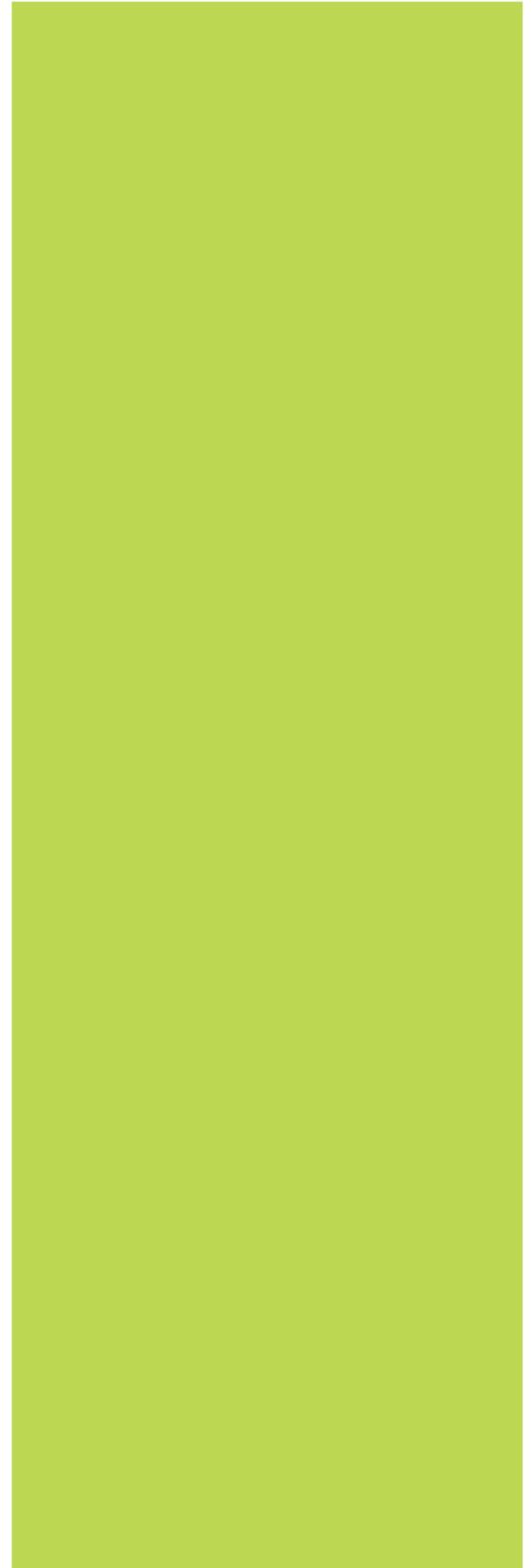
## First Things First: What is Metabolism?

Metabolism is a very large number of chemical processes occurring within your body that support life. These processes need energy derived from food that you eat to occur.

We need to eat to supply our bodies with the energy it needs to keep our hearts beating, our cells regenerating and countless other activities going on inside us.

So we know that our body needs the energy from food to survive, we are all different heights and body shapes, so how much food does our own body need so that it has the right number of calories for metabolism?

You need to consume enough calories to support healthy metabolism (breaking down of foods and tissue for energy), too little and your body will react by metabolising muscle mass, slowing metabolism and storing fat. Too many calories and ... I'm sure we all know what happens then.



# Metabolism

The speed at which your body uses energy for metabolism is its Metabolic Rate and it has three main parts.

1. Basal or Resting Metabolic Rate(BMR/RMR). This is a measure of the energy that your body uses when it is inactive. To maintain life, organs such as your heart, lungs and your brain all burn energy continuously and your BMR is a measure of the total energy that all these metabolic processes use when you are at rest.

It is important to note that your Basal Metabolic Rate accounts for around 70% of the total energy that your body uses and a large part of that 70% is energy used by your muscle mass.

By increasing your total muscle mass, you can increase your body's total energy requirements even while at rest and increase your metabolic rate.

2. Physical activity is the second largest energy requirement that your body has, it accounts for around 20% of the total energy used by an average person.
3. Thermic Effect of Food, it sounds technical but it simply refers to the energy used by your body

when you eat and digest food so that it can be metabolised by the body. It is a small but important part of your energy consumption at around 10% of the total.

From this we can see there are three areas that you can influence, to increase your metabolism.

1. You can increase your BMR by increasing your muscle mass.
2. You can increase the amount of physical activity that you do each day, ask your martial art instructor to help!
3. You can eat food that has a high thermic effect.

Although metabolism is affected by a number of things we can't control such as genetics, hormones, age and gender, to define metabolism helps us to understand that there are areas of metabolism we can influence and which of these areas to focus on to get the biggest increases possible.

Source: [www.increasemetabolism.net](http://www.increasemetabolism.net).

Want to learn more about how to manage and boost your metabolism in a healthy way? There is a wealth of information available on the web!

## Your School Calendar: