

MAIA fastbreaks

THE BEST INTENTIONS

The best of intentions can get thrown off every easily. We live in a fast-paced and hectic world. It seems as though we do not have enough time in they day to work and take care of our families, let alone set time aside to eat properly and exercise.

Have you ever told yourself, "Today is the day! I am leaving work on time, the kids don't have any scheduled activities. I am going to workout and cook something healthy for dinner. Today is the day I am finally going to kick off my healthier lifestyle."

You jump in the car and upon getting on the highway, you find there is a 30 minute wait or more delay along with a call from your son stating that he has a project due tomorrow! So, instead of going to the grocery store to get what you need for the healthy meal, you just order a pizza while you are stuck in traffic.

You finally get home, eat pizza while you help your son with his project and then find yourself too tired to workout. You then veg in bed watching tv until you fall asleep. This is all too familiar for many people.

The example may not be exact, but the message is the same. We intend to take care of ourselves, but there is always some-

thing or someone that derails the plan. How can we stay a step ahead of life's curveballs thrown our way? Here are some tips to do just that.

The best thing you can do to overcome the majority of the bumps in the road is to plan and prepare ahead of time. Meal prepping has become popular and can be a life-saver when faced with not having the time to shop and then cook a healthy meal. During the weekend, take some time to plan out the menu for the week. Breakfast, lunch, dinner and snacks for every day. Then go shop for the food/ingredients you will need. By already having the food needed for the meals, you can save yourself crucial time during the week by not having to go to the store before you cook. Had that been done in the example above, pizza probably wouldn't have been ordered!

You can take things a step further by preparing/cooking and packaging meals for the week on the weekend. This will help with portion control and make eating healthy options for breakfast, lunch, and snacks, easier. It turns this into a grab-and-go affair. Time permitted, prep some of tomorrow's dinner the night before.

Celebrating
25 Years

Schedule your workout days and times the weekend before. Make sure you and your significant other are on the same page as that will help with hectic schedules. If everyone knows ahead of time when you are going to workout, there are no surprises and all can plan accordingly.

All of this takes time. It will not cut down on the total amount of time you will spend on a healthier lifestyle. Rather, it is helping you stay on track and one step ahead!



WHAT'S
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- School Calendar
- Shared Calendars
- Back-to-School Blues

Sealy Karate Schools

Student News



MAKE EACH DAY YOUR OWN
MASTERPIECE.

- JOHN WOODMAN -

THERE'S NO SUCH THING AS
ZERO RISK.

- WILLIAM DRIVER -

Perfect Attendance:

Every week you come to an A & B class, you get an extra chance in the Hardest Worker draw.

Parents as helpers. Free class on Sat. Aug. 13th, to learn how to help your child practise at home.

Welcome New Students:

Sebastian Brando
Johnathan McInnis
Malcolm Smyth
Nehu Dhruve
Aiden Otto
William Watson
Joshua Guy
Dani Guy
Grayson Gillis
Tyler Tarzwell
Blake Turner
Julia Turner
Riley Tarzwell

Happy Birthday:

Brandon Nuckowski
George Carscadden
Jason Truong
Kya Mason-Wetherill
Ben MacKenzie
Claire Chamberlain
Johnathan McKee
Riley Tarzwell
Nestor Vanegas
Nolan Panchuk
Arun Pintana
Braden Lunnen
Samantha Dickin
Jenne Lam
Kosmo Alvarado
Cohen Doncaster
Dale McComb
Paige Klein
Myles Warner
Sean Carscadden
Rajan Ghuman
Aadi Kanwar

Schedule Changes—Effective Sept. 6/16

We have made a few slight changes to our class schedule as follows:

Time change (effective now):

- MMA Fitness on Tues & Thurs mornings at 9:00 am to 9:45 am.

Classes Added:

- Open Tutorial Saturday's at 10:30-10:50 am & 12:30-12:50 pm as well as
- Self Defense class Tuesday's 8:00-8:45 pm

Class Cancellation:

- Mommy & Me MMA Fitness

We will be closed Monday September 5th for the Labour Day Holiday. There will be an extra Adult class at noon on Tues. Sept. 6th.

BBM Advanced Weapons Training Day Camp August 25th at 1:00 to 4:00 pm

Open to black belts & BBM's only. Sign up on the bulletin board & register at the courtesy counter. Students will learn advanced weapons Kata as well as advanced stick fighting techniques.

Price is \$30 for BBM and \$25 for Black Belts.

Take you training to a higher level with this one day intensive training session.

July Hardest Workers & weekly winners—
Liam Roberston, Ayaan Khan, Jonathan McKee,
Emmalee Bradley
And monthly winner - Morgan Yeh
Congratulations All!

25th Anniversary Sale & Party September 10, 2016

Annual sale on memberships, classes & equipment throughout the day. Stop in for cake & coffee with Mayor Cam Guthrie at 1:00 pm or attend our FREE Anti-bully Seminar or just pop in for the Open House & BBQ. Then join Shihan & his band KC Lee & His Checkered Past at Squirrel Tooth Alice's for music & drinks in the evening. Shihan will also release a new solo single at this celebration.

If anyone can donate door & draw prizes for the party, please email kari@sealykarate.ca.

P.A. Day Activity Camp - Friday September 30th

Register early to secure a spot.

OUR DOUBTS ARE TRAITORS
AND MAKE US LOSE THE GOOD
WE OFT MIGHT WIN BY FEAR-
ING THE ATTEMPT.

- WILLIAM SHAKESPEARE -

FEEL THE FEAR AND DO IT
ANYWAYS

- SUSAN JEFFERS -

ONLY GREAT PASSIONS, GREAT
PASSIONS CAN ELEVATE THE
SOUL TO GRAEAT THINGS.

- DENIS DIDEROT -

SHARED CALENDARS THE SAVING GRACE OF THE BUSY FAMILY

"Who is taking Caitlyn to karate today?"

"Who is picking Rob up from practice?"

"I forgot to tell you, I have a meeting tonight and cannot take Sammy to swim lessons."

"Honey, it completely slipped my mind, but Jane has a performance at school tonight."

The examples can go on and on. No matter how organized you may be, we inadvertently forget to relay some sort of important information to our spouse. How do we stay on the same page without having to purchase stock in Post-it notes, vitamins or courses to improve our memory? There is a simple solution out there: A family calendar.

Keeping everyone up-to-date on family schedules through the use of a family calendar is nothing new. Searching websites like Pinterest for "family calendar" will return hundreds of results, all with varying degrees of intensity. From simple chalkboard calendars to organized "command centers". Families around the world have been working toward establishing a complete awareness of every person's schedule for decades.

The ability to digitally share a calendar is possibly one of the most undervalued tools of modern family life. Online, there are resources like Google Calendar, which allow you to create color-coded shared calendars and integrate the information onto your mobile device. You can even schedule email reminders of your events, in



addition to the reminders on your phone.

There are also several phone applications that can act as a resource. One such as the Cozi Family Organizer. It too is a free resource that offers a lot of helpful tools. In addition to the shared calendar, the app allows you to make to-do lists and grocery lists. It also provides print options, which is ideal for those of us who might need a

physical reminder of upcoming events. It definitely takes some time to get in the habit of tracking your family's events and activities digitally rather than through the use of Post-it notes and text messages, but once you do, it will make your lives much easier! Find the online resource that works for your family and experience the peace of mind that comes with keeping everyone on the same page.



DESIRE CREATES POWER.

- RAYMOND HOLLIWELL -



IF YOU CHANGE THE WAY
YOU LOOK AT THINGS, THE
THINGS YOU LOOK AT
CHANGE.

- WAYNE DYER -

Perfect Attendance:

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BEATING THE BACK-TO-SCHOOL BLUES

The back-to-school season is a difficult time for kids. Giving up the relative freedom of summer to walk back into a regulated environment is a tough transition. Here are a few tips to make things a little easier:

- Give them the information, up front. Count down to the first day of school, visit the building, and meet the teacher. Practice anything that might be new, such as opening lockers, waiting at bus stops or walking to

different classrooms.

- Talk through any anxieties. Whether your child is ambivalent or anxious, make sure you answer any questions he or she might have about the upcoming year.
- Reconnect them with old friends. School year friendships can get lost in the hustle and bustle of summer. Ask your child which old friends he or she would like to reconnect with, plan an end-of-summer playdate.

August 2016 Summer Fun Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. BBM Class 2. BBM Tutorial 1. Creative kicks/syncro kata 2. Weapons	1 <i>Closed</i>	2	3	4	5	6
7 1. Basics & kata 2. Creative kicks	8	9	10	11	12	13 Parent as helpers class - train with the kids for free & learn to help.
14 1. Point sparring 2. Kata review	15	16	17	18	19	20
	Olympics Week - Nations Colours - Local Team Jersey's					
	Star Wars / Disney Character Week			Camp Week		
21 1. Weapons 2. Basics/kata	22	23	24	25 BBM Camp	26	27
	Buddy Week					
28 1. Kicks/kata 2. Weapons	29	30	31			