

Nov 2nd – Nov 6th

Monday

Do you know Martial Arts is the fun way for both boys and girls to achieve fitness and focus? Try our class and see the result!



Tuesday

You got a full 8 hours sleep but you are still exhausted, what's the deal? Your lifestyle could be draining you. Try these tips by following the link!

<http://www.health.com/health/gallery/0,,20784660,00.html>

Wednesday

Progress is often marked by the belt system, which takes beginner from a white belt through variety of colors until black. Do you know the belt system is a good exercise in setting and achieving goals? Learn more today by contacting us TODAY.



Thursday

New to the Martial Arts? Try our "Quick Start Offer" by calling our school today!



Friday

How's your last training with us?

Share it with us!



Nov 9th – Nov 13th

Monday

Fitness is a crucial element to all martial arts classes, warmups with jumping jacks, pushups and stretches are common, and the movements of the martial art itself often challenge your muscles and cardiovascular system. Learn more by contacting us today.



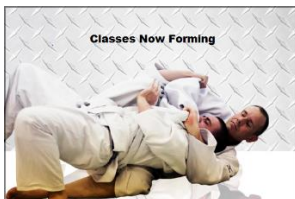
Tuesday

Whether you're a beginner or experienced martial artist, we have a program to fit your needs. Contact us today for more info!



Wednesday

Most martial arts uses self-defense as a cornerstone of the entire program. The precise methods will vary from discipline to discipline, but you can be certain that with regular practice. Sign up today!



Thursday

Health tips: 15 Foods That Help You Stay Hydrated, These high-water-content foods are refreshing, filled with nutrients, and naturally low in calories.

<http://www.health.com/health/gallery/0,,20709014,00.html>

Friday

You'd be amazed at how friendly the people are in our school. So what are you waiting for, start training today!



Nov 16th – Nov 20th

Monday

A martial art with a good teacher can transform the way you think. You may go in with one mindset and come out a completely different person. Now, I'm not saying this will happen instantly, but definitely over time.



Tuesday

Feeling down lately? Take a look at 31 Ways to Boost Your Mood Naturally by following the link!

<http://www.health.com/health/calendar/0,,20351621,00.html>

Wednesday

Martial arts classes give you an opportunity to gain your social interaction by meeting new people and developing new friendships. Start training today!



Thursday

You might think that you can just assume that martial arts training is good for your health. But do you know why? Martial arts increases your flexibility, balance, hand-eye coordination and your natural strength without weights. So? Join us today.



Friday

Do you know Jiu-Jitsu program can take a lot of that negative energy out of your body and get rid of it? Martial Arts relaxes your brain! Try it yourself and let us know the result.



Nov 23rd – Nov 27th

Monday

BJJ training is fun. Period. All of the benefits that you get from BJJ, you get it from engaging in activities in the school that you enjoy doing. As everyone knows, the more you enjoy something, the more likely you are to stick with it. Enjoy your training today.



Tuesday

Who doesn't know ginger? Do you know Ginger Soothes Muscles, Fights Cramps too?

Check out this article. <http://www.health.com/health/gallery/0,,20319939,00.html>

Wednesday

You may be surprised what a positive impact Martial Arts has on your daily life. Many of our adult students tell us that they found themselves becoming calmer, more focused, and goal oriented in their personal and professional life. That is part of why we say martial arts isn't just a workout but a lifestyle.



Thursday

There's no reason to stop working out on Holiday Season. Going to a dinner tonight? Go for a run or get in a good workout at the gym before you head out. Or plan a semi-private training session the morning after a big bash. You'll be less likely to overindulge.



Friday

Your life is your message to the world. Make sure you do something inspiring today. Happy Friday!

