

## Oral Hygiene Care - The Mouth & Beyond!

**T**here are many advantages to maintaining a healthy smile with regular brushing and flossing. Healthy gums, cavity prevention, fresh breath and whiter teeth are a few of these advantages, but did you know there are many other surprising benefits that don't have anything to do with your teeth?

- A study in the American Journal of Medicine found that regular brushing decreases the chance of stroke.
- Poor oral health increases your risk of developing dementia by a third.
- Tooth loss and poor dental health is also a risk factor for early stage Alzheimer's disease. One study, published in Behavioral and Brain Functions, found that infections in the gums release inflammatory substances which, in turn, increase brain inflammation that can cause neuronal (brain cell) death.
- 95 percent of US adults with diabetes also have periodontal disease. The cause is likely because people with diabetes are more susceptible to contracting infections. In addition to having a higher risk of gum disease due to diabetes, periodontal disease may also make it more difficult to control blood sugar, putting the patient at risk for even more diabetic complications.

For more information about the benefits of martial arts for children & Adults, Contact us!

**teamSKS.ca**  
**519-821-5425**

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“Try not to become a person of success, but rather try to become a person of value.”

~ Albert Einstein

“The meaning of life is to find your gift. The purpose of life is to give it away.”

~ Anonymous

“Innovation distinguishes between a leader and a follower.”

~ Steve Jobs

“Blessed are those who can give without remembering and take without forgetting.”

~ Anonymous

“You may only succeed if you desire succeeding; you may only fail if you do not mind failing.”

~ Philippos

“If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much.”

~ Jim Rohn



### Holiday Sale

Saturday November 17 at 11:00—1:00pm  
BBM ONLY pre-sale Friday November 16 at 4:00-7:00pm  
Join us for some snacks & hot cider and some  
AMAZING HOLIDAY SPECIALS!

This sale will offer savings on memberships, equipment & supplies. Up to 20% discount for most catalogue orders. Get your Christmas gifts now & beat the rush!

**SKS Gift Cards are available & make a great gift for the hard to buy for.**

### Halloween Costume Party & Movie Night

Sat. October 27 at 5:00—9:00 pm  
Come on out & join the SCARY fun.  
We will play some SPOOKY games  
and watch a movie (movie to be  
determined later)

Cost for the evening is \$20.00 and  
bring a buddy for free, second family  
member \$10.00.

Please sign up on the bulletin board &  
register at the courtesy counter.

*We are starting our Adopt-A-Family program early this year in the hopes of helping more local families. Please re-view some of the gift ideas on the bulletin board and give what you can. The Children's Foundation is ALWAYS accepting gift cards, especially from grocery stores, Walmart or the Stone Road Mall.*

*Please drop off your donation at the courtesy counter. We will be adopting 2 families this Christmas & will have more information once it is available to us. Thanks you in advance for any help you can give.*

### In School Shiai - Oct. 20/18 at 11 am

All SKS students should attend the last tournament of the year. Try your skills against your classmates to receive ribbons, medals or trophies. Registration forms are available at the courtesy counter.

## News & Reminders

### **September Hardest Workers:**

Jaidyn Landry, Dakota Louter,  
Matteas Kristiansen-Absar, Abbey  
Steffen  
And Monthly Winner Dakota Louter

***Holiday Camp Jan. 2, 3 & 4, 2019. Full or half days.***

### **New Years Sleepover/Party**

Dec. 31 at 5pm to Jan. 1 at 9am  
BBM \$40., Members \$45. &  
non-members \$50.  
\$20. for party only on Dec. 31

### **P.A. Day Camp - Nov. 2**

Join us for a day full (or half day) of  
fun outdoor & indoor activities.

### **Happy Birthday:**

Osama Sulaiman  
Luke Gibson  
Owen Graves  
Coral Bentley  
Parish Slater  
Joe Bentley  
Cristin McKee  
Bruno Coutinho  
Calvin Hunt  
Matthew McDermott  
Charlie Eardley  
Lynden Green  
Kinsey Almquist  
Aidan Robinson  
Tammy DeZwaan  
Jayden Sheratt  
Ryan Hill  
Ciera McKnight

### **Welcome New Students**

Please join us in welcoming:

David Cadogan-Blackwood  
Julie Grondin  
Austin Detenbeck  
Joey Parol  
Roman Detenbeck  
Justin Huynh  
Ariana Mohamed  
Kathryn Reinders  
Aurora Browne  
Ella Bitton  
Andria Bitton  
Drey Logan Borg Briffa  
Elliot Hachey  
Kael Rodda  
Stephanie Campbell  
Dana MacDonald  
Aryana Millette  
Callan Newton  
Owen Thibideau  
Jaidyn Landry  
Ciera McKnight  
Mario Parol  
Ethan Wright

**We will be closed October 8th for Thanksgiving. There will be an extra adult class on Tues. Oct. 9th at noon.**

# Increasing Your Heartrate

## Benefits of increasing your heart rate

- Burn calories and speed up metabolism, which can help prevent excess weight gain or help maintain weight loss.
- Lower your blood pressure
- Reduce LDL “bad” cholesterol
- Boost your HDL “good” cholesterol
- Increase the strength of your heart and lung muscles
- Increases blood circulation
- Releases the “feel good” hormones that help reduce symptoms of depression and fatigue as well as releasing hormones that decrease the appetite.
- Increased bone density
- Reduced risk of heart disease and some types of cancer
- Reduce stress
- Pumps extra blood to your brain, delivering the oxygen and nutrients it needs to perform at max efficiency.
- Increase your confidence about how you feel and look
- Promotes better sleep — regular physical activity can help you fall asleep faster and deepen your sleep.
- Connect with family or friends. Organize a bike ride or walk with your family or a friend.
- Have fun! Enjoy the outdoors and unwind or just engage heart pumping activities that make you happy.

## How long to increase your heart rate?

For a person who is not obese or very out of shape, the American Heart Association (AHA) guidelines call for a minimum of 30 minutes of aerobic physical activity performed at moderate intensity (60-80 percent maximum heart rate) either in one continuous period or in intervals of at least 20-minute durations on most days of the week.



## How to calculate your target heart rate?

You want to stay between 50-85 percent of your maximum heart rate. This range is your target heart rate.

1. Take your pulse on the inside of your wrist, on the thumb side.
2. Use the tips of your first two fingers (not your thumb) to press lightly over the blood vessels on your wrist.
3. Count your pulse for 10 seconds and multiply by six to find your beats per minute.

The basic way to calculate your maximum heart rate is to subtract your age from 220.

## What types of exercises will raise your heart rate?

Aerobic exercise: Running, jogging, fast paced walking and biking are all great examples of heart pumping exercises. You want to move fast enough to raise your heart rate and breathe harder, but you should still be able to talk to someone while you're doing it. If you have any injuries or joint problems (always consult a health professional before starting any fitness activities), choose a low-impact activity like swimming, or anaerobic activities such as yoga or strength training.

## Get Hydrated! *Cont'd from pg 1...*

- Brushing your teeth also indicates to your brain that mealtime is over. Brushing your teeth after a meal can help ward off mindless eating, preventing you from consuming more calories than you need.
- According to study published in the Journal of Periodontology: Because bacteria that form on the teeth make their way into the lungs and respiratory tract, wreaking havoc along the way. Increased brushing decreases the risk of respiratory diseases such as pneumonia and COPD.
- Reduce your chance of a heart attack. Bacteria from your mouth can make its way into your bloodstream and increase your chance of a heart attack.

Getting a regular professional cleaning removes plaque, tartar buildup and staining from your teeth. Also, a dental professional will check for tooth decay and catch any early stages of gum disease or other oral health problems before they become bigger health issues.



## October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8 <i>Closed</i>	9	10	11	12	13
14	15	16	17	18	19	20 <i>Shiai at 11 am</i>
21	22	23	24	25	26 <i>Free MMA class</i>	27
28	29	30 <i>Free Self Defense class</i>	31			