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Jan 2019



MAIAfastbreaks



BE FOCUSED!

This is the time of year when it is very easy to take your eye off the ball or lose focus on the things that really matter. As the holidays approach and the New Year rolls in, it is easy to forget where our priorities should lie. Take some time to refocus yourself and reevaluate the things you are spending time on.

First, deciding what is important and determining what matters is an internal decision process. We all have people in our lives who influence that decision, but ultimately you are the determining factor. You set the stage. You decide what is important and what is not.

If you asked others "What's important and what should I focus on?" you'll hear a spectrum of answers as diverse as the people you question: family, work, education, friends, the list goes on. The intention of this article is not to help you determine

what should be important (as the article mentioned before, this is an internal decision that can only be made by you), but we can offer some simple steps that should help you stay focused once you decide where your priorities lie during this busy holiday season.

Below are four steps to staying focused:

1. **Keep organized.**

It seems obvious, but as the days pass by and events, special performances, and the holidays themselves happen, remaining organized will help you stick to your goals.

2. **Make a list.**

To-do lists are key to staying focused. They act as a road map to getting important things done.

3. **Manage your time.**

This goes hand in hand with making lists. Keep on track and don't let others manage your time for you.

4. **Make time for breaks.**

At first this may sound counterintuitive, but breaks allow you to recharge and catch up internally. And remember, staying focused is the key to accomplishment.



WHAT'S
INSIDE

Be Focused!

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Student News & Reminders



HAVE THE COURAGE TO
FOLLOW YOUR HEART AND
INTUITION. THEY SOMEHOW
KNOW WHAT YOU TRULY
WANT TO BECOME.

- STEVE JOBS -

PEACE. IT DOES NOT MEAN
TO BE IN A PLACE WHERE
THERE IS NO NOISE, TROUBLE
OR HARD WORK. IT MEANS TO
BE IN THE MIDST OF THOSE
THINGS AND STILL BE CALM
IN YOUR HEART.

- UNKNOWN -

Happy Birthday:

Abigail McCormack
Ashley Breese
Atticus VanLeeuwen
Austin Detenbeck
David Cadogan-Blackwood
Eric Beitz
Gage Hockney
Goh Nakaza
Jake Leclair
James Lang
Keegan Emberley
Leah Harper
Logan Sayewich
Luka Radovic
Mason Hunt
Matthew Haupt
Meghan DiMatteo
Michael Brando
Milla Hogan-Markoja
Mohaammad Nour Alfaraj
Natassja DeZwaan
Philip Breese
Sam Hendley-Rubinoff
Serena Vong

January Grading week!!

There are NO regular classes Thursday,
Friday & Saturday!

Thursday -All level make up class 4:00-
4:30 -Grading 4:30 & 6:30 -Buddy Class
6:00-6:30

Friday -All Level make up class 4:30-5:00 -
Buddy Class 5:00-5:30 -Grading 5:30

Saturday -All Level make up class 9:30-
10:00 -Buddy Class 10:00-10:30 -Grading
10:30

Welcome New Students

Please join us in welcoming:

Katy Zhang
Derrick Zhang
Sahar Sadaarat
Muzzammil Sadaarat
Hasan Sadaarat

P.A. Day Camp— Feb. 1, 2019

**No previous training needed
to join our camps. Have
fun with lots of outdoor &
indoor activities. Why not
bring a friend to make it
extra FUN!**

In-School Shiai - Sat. Feb. 23, 2019

All students are encouraged to participate
in our first tournament of the year. Try your
skills against fellow classmates to win
ribbons, medals or trophies. There are
competitions for all levels as well as a wide
variety of divisions. We encourage FUN &
FAIR PLAY at all our tournaments. We
hope to see you there!

SKS Photo Day

Ashworth Photography will be
here to take photo's in your
uniform on **Jan. 28 & 29, 2019**
for your B class or drop in be-
tween 4:30 & 7:00 pm in your
uniform.

Please join us in wishing the newest Black Belt candidates "Good Luck" as they begin the 16 week cycle. You
will notice them moving their way back up the ranks & re-doing each belt level as part of their training.
Good Luck to all!

December Hardest Workers:

Evelyn Sulley, Cole Pilkey, Nicole Detlor, Logan Sayewich
And Monthly Winner - Justin Huynh
Congrats to all!

I FAILED OVER AND
OVER AND OVER AGAIN
IN MY LIFE AND THAT IS
WHY I SUCCEED.

- MICHAEL JORDAN -

TOUGH TIMES DON'T LAST;
TOUGH TEAMS DO.

- UNKNOWN -

THE WORLD IS FULL OF
WILLING PEOPLE. SOME
WILLING TO WORK AND
SOME WILLING TO LET THEM.

- ROBERT FROST -



GETTING YOUR VITAMIN D

Many people today take a multi vitamin to stay “balanced” or to make sure they are getting the proper dosage of vitamins and other crucial nutrients. However, have you ever really researched the recommended daily intake of each essential vitamin? When is the last time you checked to see if you are experiencing any vitamin deficiencies? If you take a multivitamin, you may be getting the recommended daily allowance (RDA), but it still may not be enough. In a typical multivitamin, you may get 1000 IU of vitamin D which is 250 percent of the current RDA. The problem is the latest studies are showing that more and more people are deficient in vitamin D, and some doctors are prescribing 5000–10,000 IU daily.

Although bone pain and muscle weakness can both be symptoms of a Vitamin D deficiency, many of the more common symptoms are also more subtle. Low blood levels of Vitamin D have been associated with

cognitive impairment in older adults, severe asthma in children, and an increased risk of cancer and cardiovascular disease. Research also suggest taking in more vitamin D can aid in the prevention and treatment of a number of other conditions, including diabetes, hypertension, glucose intolerance and multiple sclerosis.

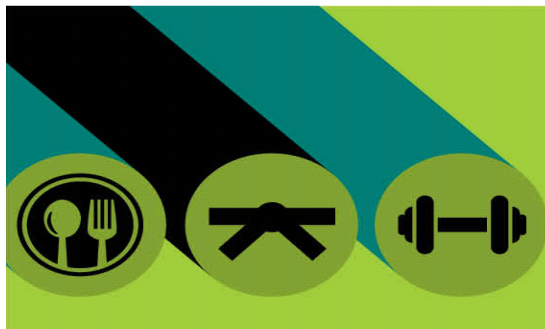
Vitamin D does not only support strong bones, but recent studies have shown Vitamin D may have many more benefits than originally thought. Below are some of the benefits that come with having the proper amount of vitamin D in your system. And remember, don't self-diagnose; the only real way to know if you are deficient in this particular vitamin is by getting a blood test from your doctor.

1. Vitamin D can affect as many as 2000 genes in the body.
2. Vitamin D is vital in regulating the absorption of calcium and phosphorous and facilitating

normal immune system function. Vitamin D helps with improved resistance to certain diseases.

3. Research suggests that vitamin D also plays a role in reducing MS (according to a study in the Journal of the American Medical Association). It also decreases your chance of developing heart disease (according to findings published in Circulation) and helps reduce your likelihood of developing the flu (American Journal of Clinical Nutrition).
4. Some studies also suggest that vitamin D may help prevent or reduce the risk of some cancers such as colorectal, breast, prostate and pancreatic.

If you haven't asked your doctor about vitamin D, you should. This vitamin may be more than we all thought and can possibly lead to a longer, healthier life.



THE MIRACLE IS THIS:
THE MORE WE SHARE
THE MORE WE HAVE.

- LEONARD NEMOY -

THERE ARE BASICALLY TWO
TYPES OF PEOPLE. PEOPLE
THAT ACCOMPLISH THINGS
AND PEOPLE THAT CLAIM
TO HAVE ACCOMPLISHED
THINGS. THE FIRST GROUP
IS LESS CROWDED.

- MARK TWAIN -

NUTRITION IN-SEASON

It's wintertime, and while you can enjoy frozen, canned, dried and juiced produce year-round, here are some of the fruits and vegetables that are in-season this time of year!

- Brussels Sprouts
- Squash
- Pears
- Grapefruit
- Kale

- Collard Greens
- Dates
- Leeks
- Kiwi
- Oranges
- Pomegranates
- Sweet Potatoes
- Tangerines
- Turnips

And, don't forget to take a look at the list of produce that is readily available year-round, including crowd favorites like apples, avocados, bananas, carrots, celery, mushrooms and snow peas.

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	31	1	2	3	4	5
	Closed Happy New Year		Winter Day Camp			
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28 <i>Photo Day</i> 4:30–7:00 pm	29 <i>Free Self</i> <i>Defense class</i> <i>Photo Day 4:30–</i> <i>7:00 pm</i>	30	31	1 <i>P.A Day</i> <i>Camp</i> <i>Free MMA</i> <i>Class</i>	