

Feb 2019

MAfastbreaks

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UNDER PRESSURE

High blood pressure can literally be a killer. One of the more dangerous aspects of high blood pressure is the lack of awareness – even though one of four American adults have hypertension, nearly one-third of those people aren't aware of it. Gone untreated, high blood pressure increases the risk of heart disease and stroke. Medication is surely one way to reduce your blood pressure, but as with many other health issues, a lifestyle change can also help. Below are seven tips to reducing your blood pressure and living a healthy life:

1. **Lose the extra pounds** — There is a direct correlation to extra pounds and high blood pressure. In fact, much of the advice or suggested lifestyle changes given to those with hypertension can naturally result in weight loss.
2. **Exercise regularly** — Exercising for 30 minutes a day, four or more times a week, can significantly impact your blood pressure. The best types of activities for lowering blood

pressure include walking, jogging, cycling and most aerobic exercises.

3. **Eat a healthy diet** — Eat foods rich in whole grains, fruits and vegetables, as well as low-fat dairy products.
4. **Reduce sodium** — Even a small reduction in sodium intake will produce positive results. Eat fewer processed foods, don't add salt, and check the sodium content on your food labels. Gradually cutting back on your sodium intake, instead of making radical changes to your diet, will help ensure you stick to it.
5. **Quit smoking** — Every cigarette you smoke increases your blood pressure for minutes after you finish lighting up.
6. **Cut back on the caffeine** — Caffeine can raise blood pressure by as much as 10 Hg in people who don't consume it regularly.

Register for
March Break
Camp before
Feb. 28th &
save 10%

7. **Reduce stress** — Chronic stress is a big contributor to high blood pressure as well as many other illnesses. Reducing stress is key to reducing blood pressure.

Keep in mind reducing blood pressure often requires a lifestyle change. This takes time and effort, but it is critical to a happy and healthy life.



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TO LIVE A CREATIVE LIFE,
WE MUST LOSE OUR FEAR
OF BEING WRONG.

- ANONYMOUS -

TAKE UP ONE IDEA. MAKE THAT
ONE IDEA YOUR LIFE — THINK OF IT,
DREAM OF IT, LIVE ON THAT IDEA.
LET THE BRAIN, MUSCLES, NERVES,
EVERY PART OF YOUR BODY, BE
FULL OF THAT IDEA, AND JUST
LEAVE EVERY OTHER IDEA ALONE.
THIS IS THE WAY TO SUCCESS.

- SWAMI VIVEKANANDA -

Team SKS Family Fun Day with the Guelph Storm Mon. Feb. 18, 2019 at 2pm

Get a *FREE Storm hat* with every ticket purchased *AND* you can participate in a *FREE skate* with the players after the game.

March Break Activity Day Camp March 11 to 15, 2019

No previous training needed to join our camps. Have fun with lots of outdoor & indoor activities. The kids are kept busy with walks to the park, karate lessons, crafts, games, reading time & pizza party lunch on Friday. 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. See you there!

We will be closed Monday February 18th for Family Day, we hope to see you at the Storm Game.

Team SKS Valentines Cards are FREE & will be available at the front counter on Monday Feb. 11th.

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. Please encourage & help our candidates, you will be following those footsteps one day. Good Luck to all!

January Hardest Workers:

Stella Panchuk, Leah Harper, Thomas Schiavetti, Bertha Lopez-Meza
And Monthly Winner - Christopher Nash. Congrats to all!

Happy Birthday:

Adrianna Olszewski
Alex Vong
Anika Gal
Bentley MacNeil
Cohen Karges
Dana MacDonald
Dylan Ngo
Elliot Hachey
Erin Campbell
Greyson Detlor
Joseph Bergeron
Kendra Niezen
Matteas Absar
Roman Detenbeck
Solomon Chatfield
Travis Northeast
Zachary Fitchett

FEBRUARY



is FAMILY MONTH

Come on Mom and Dad!
Join us for the month for **FREE**
(includes a free uniform)

Offer valid to new customers only & cannot be combined with other offers.

New SKS Students

Please join us in welcoming:

Lucas Finley
Taylor Finley
Thomas Raby-Kerfoot
Victoria Turnbull
George Robinson
Kryn Kelly
Shaun Kelly
Srihari Sunil
Cole Hennink
Ilinnah Tackur
Nivaat Tackur

THINGS WORK OUT BEST
FOR THOSE WHO MAKE
THE BEST OF HOW THINGS
WORK OUT.

- JOHN WOODEN -

IF YOU ARE NOT WILLING
TO RISK THE UNUSUAL,
YOU WILL HAVE TO SETTLE
FOR THE ORDINARY.

- JIM ROHN -

TRUST BECAUSE YOU ARE
WILLING TO ACCEPT THE
RISK NOT BECAUSE IT'S
SAFE OR CERTAIN.

- ANONYMOUS -

DRIVE SAFELY

With winter fading into the background and better weather all around, you'd think the roads would finally be safe again. This isn't always the case. Springtime brings rain and the aftereffects of winter weather — potholes and uneven pavement. According to the Federal Highway Administration, rain was a culprit in 46 percent of all weather-related crashes from 2002 to 2012, and wet pavement in general accounted for 74 percent. Keep these driving tips in mind before you travel:

Spring showers bring May flowers — and wet driving conditions: Slow down on slick roads and increase your following distance even when mist begins to fall. Just a small amount of water can mix with oil and grease on the road to create slippery conditions.

Hail season: Beware of hailstorms, particularly if you live in a hail-belt state (Wyoming, Colorado, Kansas, and Missouri). Even small hailstones can shatter windshields, and raining balls of ice are never good for the roads.

Animal activity: Animals are incredibly active during the spring. Some are emerging from hibernation, and others are entering mating season. This could mean that more animals are crossing streets and roaming around. Many animals, especially deer, are most active at dawn or dusk.

Winter road wear and tear: In many states, winter wreaks havoc on the roads. Snow plows, salt, sand, and the aftermath of ice can all leave roads a bit battered. Once snow melts away, expect to drive over new potholes.



Share the road: Warm weather brings out motorcyclists, bicyclists and pedestrians.

Check your lights: Since spring rain hinders driving visibility, make sure all your lights work, including headlights, taillights, backup lights, turn signals, parking lights, and brake lights.

Replace your wiper blades: Worn-out wiper blades may not be up to the task of clearing water away from your windshield. Check your wiper blades and replace them if necessary.

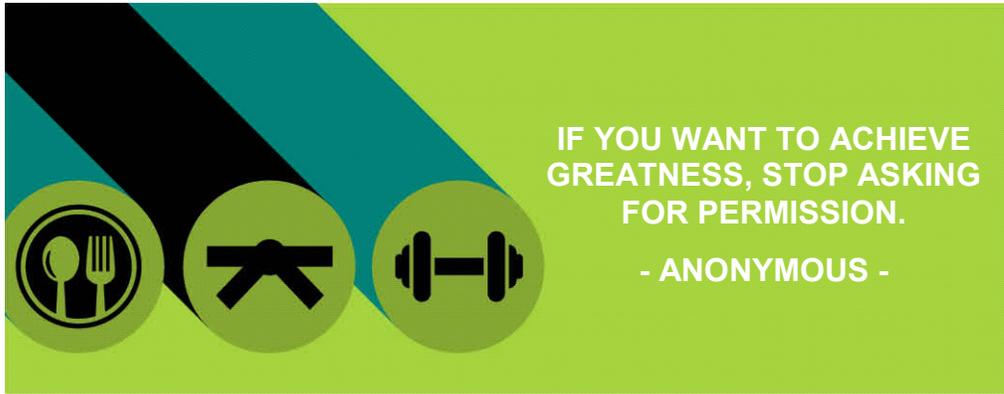
Understand the impact of medications on driving: For many people, spring means seasonal allergies. Over-the-counter allergy drugs can have side effects or interact

with other medications to diminish your driving ability.

If possible, go around potholes: Deep potholes can throw your car out of alignment or worse, forcing you to buy a new wheel and a new tire. You may be able to file a claim (laws differ from city to city and state to state), but you you'll likely have to prove negligence on the part of the city.

Avoid driving through large puddles: Driving through water can impair your brakes, cloud your vision, or cause you to hydroplane.

Keep your tires properly inflated: Full tires can reduce the damage caused by potholes and other road hazards.



ORGANIC OR NON-ORGANIC?

There is a lot of conversation on whether or not to buy organic or regular non-organic foods. Is it safer? Healthier? Is it worth the cost and what are the real benefits? All valid questions, and in the end, if you can afford the extra cost, eating organic can be a healthier option.

Below is a list of the Dirty Dozen fruits and vegetables — produce that should be at the top of your organic shopping list. (Not in order)

1. Strawberries
2. Apples
3. Peaches
4. Nectarines
5. Grapes
6. Celery
7. Spinach
8. Sweet bell peppers
9. Cucumbers
10. Cherry tomatoes

This is just a guide and can change every year (or more often) as the list is tied directly to pesticide usages. Also, for those that are curious, the Clean

Fifteen list is below. This is the list of non-organic produce considered to contain the least amount of pesticides.

1. Avocados
2. Sweet corn
3. Pineapples
4. Cabbage
5. Sweet peas
6. Onions
7. Asparagus
8. Mangos
9. Papaya
10. Kiwi
11. Eggplant

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 P.A Day Camp	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Closed Family Day Team SKS at Guelph Storm game & free skate	19	20	21	22	23 Shiai @ 11 am
24	25	26	27	28		