

Mar 2019

MAfastbreaks

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Staying hydrated is an essential part of staying healthy. Ensuring proper hydration is one of the most basic keys to health.

The human body is composed of about 60 percent water. Drinking enough water maintains your body's fluid balance, which helps with digestion, circulation, transportation of nutrients and maintenance of body temperature.

When your body tells you it's thirsty, it is best to listen. Studies have shown that the parts of your brain involved in emotional decision-making light up when you drink water in response to being thirsty. Thirst is your body's way of telling you to hydrate, and one of the best ways to stay hydrated is by drinking water. According to WebMd, below are five benefits or reasons to drink water.

1. Water can help control calories — Water doesn't necessarily burn calories, but it does keep you away from the sugary drinks or other beverages that add calories. Instead of grabbing juice or soda, opt instead for a glass of water with some lemon and avoid the extra calories.
2. Water will help energize muscles — Muscles that have cells that don't maintain their balance of fluids and electrolytes can develop muscle fatigue. Drinking fluids during exercise is especially important so you don't fatigue easily. When muscles fatigue, the chance of injury increases.

3. Water is good for the skin — The truth is that lack of hydration is bad for your skin. When you are dehydrated, your skin can become dry and wrinkled, therefore it is very important to drink plenty of water and stay hydrated to look and feel younger. Moisturizer is also a great way to keep moisture in your skin if your skin is feeling dry.
4. Water is good for your kidneys — Body fluids transport waste products in and out of cells. Kidneys do a great job of eliminating waste and toxins from your body as long as you stay adequately hydrated. A sign that you may not be getting enough fluid is if your urine is dark. Urine should be free flowing and clear in color. This is a way to tell that you are staying properly hydrated.
5. Water helps in normal bowel function — When you are not taking in enough fluid, your colon will pull water from stools to maintain hydration which can cause constipation. Adequate fluid and fiber is a perfect combination as fluid pumps up the fiber and acts like a broom to keep your bowel functioning properly.

See the back page article for tips on getting enough water in your diet.

**March Break Camp
March 11—15, 2019**
Join us for the day, half day or full week. Our campers always have fun with a variety of activities including (but not limited to) walks to the park, martial arts lessons, crafts, reading time & Pizza Party Fridays. No previous training needed to join the fun at our camps, bring a friend to make even more FUN!



WHAT'S INSIDE

- The benefits of Staying Hydrated
- School Calendar
- Could Your Child Benefit From Martial Arts?
- Drink Up!

Your School Calendar



A LIE GETS HALFWAY
AROUND THE WORLD BEFORE
THE TRUTH HAS A CHANCE TO
GET ITS PANTS ON.

- SIR WINSTON CHURCHILL -

YOU MAY NOT BE
INTERESTED IN WAR, BUT WAR
IS INTERESTED IN YOU.

- LEON TROTSKY -

Ride Share

Hello Everyone, If there is anyone on Tuesday's & Thursday's that live in the west end of Imperial & Speedvale that are in the SKS Elite Team or adult classes that would be able to give Parish Slater a ride home at night, please contact me, her father, Jason Slater at 226-748-9975. Will pay for the convenience.
Thank you, Jason Slater

February Hardest Workers:

Ari Woolcock, Alanalee Robertson-Nugent,
Eric Beitz, Sahar Sadaarat
And Monthly Winner - Thomas Schiavetti
Congrats to all!

Congratulations to Team SKS student, Coral Bentley on the publication of her book "Of Power". You can get your copy on most online ordering platforms - amazon, indigo, or through the publisher directly xlibris.

Welcome New Students

Please join us in welcoming:

Tati Goodrich
Cole Hennick
Ilinah Tackur
Nivaat Tackur
Edwin Thompson
Marika Georges
Marcus Gibson
Hannah Gohl

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!

Happy Birthday:

Alec Gervais
Bryan Ho
Christopher Nash
Emmett Laurence
George Robinson
Jessica Rego
Joey Parol
John Rooney
Jonathan Pettit
Kierra Niezen
Lauren Yundt
Melisa King
Setya Asadian
Thomas Raby-Kerfoot

The next Team SKS P.A. Day Activity Day Camp is on Friday April 5th. Join us for a day filled with awesome activities like karate class, crafts, games & outside play time at the park if weather permits. Why not bring a friend & make your time with us even more FUN!

February Shiai Winners

Congratulations to all participants at our In-school Shiai
Grand Champions:
Novice - Thomas Raby-Kerfoot & Jaidyn Landry
Intermediate - Ella Dignan
Advanced - Rajan Ghuman

Other division winners are also to be congratulated:

Thomas Schiavetti, Hunter Gohl, Ava Green, Lynden Green, Dawson Newell-Blair, Laz Holford, Raquel Meneses, Matthew Gaskin, Jacob Pascos, David Cadogan-Blackwood, Kyle Wozencroft, Mark Sayewich x2, Zach Fitchett x2, Matteas Absar, Jacob Pascos & Anika Gal for synchronized kata

We will be closed
Friday April 19th —
Happy Easter.

Our next Shiai is Sat. Apr. 13. All students should participate. We have competitions for all levels with ribbons for every competitor and medals & trophies for division champs.

Class Cancellation

We have cancelled the Fitness Kickboxing class effective March 1, 2019. We will offer a 10 week program starting in April 2019, more details will follow.

Our Next Grading is
March 28, 29, 30, 2019
Submit your grading form from
the Grading tab on our website.

GLORY IS FLEETING, BUT
OBSURITY IS FOREVER.

- NAPOLEON BONAPARTE -

IF A MAN DOES HIS BEST,
WHAT ELSE IS THERE?

- GENERAL GEORGE S. PATTON -

VICTORY GOES TO THE
PLAYER WHO MAKES THE
NEXT-TO-LAST MISTAKE.

- CHESSMASTER SAVIELLY
GRIGORIEVITCH TARTAKOWER -

COULD YOUR CHILD BENEFIT FROM MARTIAL ARTS?

Martial arts are an ancient method of training your mind, body and spirit to act as one. Martial arts practitioners strive for harmony but also learn effective self-defense techniques. Children who get involved in martial arts reap many benefits, some of which are shared below.

Fitness

Fitness is a crucial element to all martial arts classes, especially where children are involved. Warmups with jumping jacks, pushups and stretches are common, and the movements of the martial art itself often challenge your muscles and cardiovascular system. Martial artists are known for being toned, flexible and physically fit, and your child will be no different.

Self Defense

The ability to defend yourself against an assailant is an empowering feeling. Most martial arts use 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, your child will learn to defend him or herself in a variety of different ways. Many martial arts schools also teach street-smart techniques to kids to help avoid problems altogether.

Self-Discipline

Martial arts help instill mental focus in your child, giving her the ability to concentrate on a task and see it through to its conclusion. The discipline that is taught in the dojo in regard to uniforms, customs and techniques often



translates into other areas of life, including school and household chores.

Respect

Martial arts are all about respect. Punching, kicking, throwing and locking are all secondary to the respect that is shown from the moment you walk into a dojo. Children learn to bow to the masters who came before them and to their current instructors. They also learn to treat other students as they wish to be treated. Quality martial arts instructors press upon the respect issue regularly and instruct students

to practice respect for self, parents, teachers and peers at every opportunity.

Self Confidence

A child who is involved in martial arts is generally a child who is confident in him or herself. Working through a martial art and the belt ranking system gives a child measurable goals to follow that are realistic to attain. The sense of accomplishment children feel by mastering a new technique or graduating to a new belt follows them everywhere they go.



THE WHOLE PROBLEM WITH THE WORLD IS THAT FOOLS AND FANATICS ARE ALWAYS SO CERTAIN OF THEMSELVES, AND WISER PEOPLE SO FULL OF DOUBTS.

- BERTRAND RUSSELL -

DRINK UP!

Recent studies suggest adults need nine to 16 cups of water per day. Of course, the amount of water you need to feel your best depends on your activity level, age, and how much H2O you get from consuming other things like coffee, tea, or water-rich fruits and vegetables. Drinking enough water each day can be difficult, so get in the habit of keeping a water bottle with you at all times. Begin your

day by drinking a glass of water as soon as you wake up, and 30 minutes before eating a big meal. This practice will also help control appetite, which may aid in weight maintenance. Also, consider adding lemon, lime, orange or other citrus to your water for additional taste and a few extra benefits.

Kick Nationals tournament in Stratford is on April 27, please carpool if you can. Everyone is welcome to participate.

Join us in welcoming Guelph's newest Sports Team, the Guelph Nighthawks Basketball team, they will be playing at the Sleeman Centre. Visit www.thenighthawks.ca for more info.

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
	March Break Day Camp					
17	18	19	20	21	22	23
24	25	26	27	28	29	30
				Grading		
31						