

Apr 2019

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MAIA fastbreaks



Everyone knows we need to exercise to stay healthy. Typically, doctors recommend some type of exercise at least 3-5 days a week for a minimum of 45 minutes. Ask any individual and you'll get a different answer on what constitutes "exercise". Some like to use the "sweat test," but many don't know that there are actual health benefits to sweating.

According to medicaldaily.com, sweating does more than just help you cool down. It can also:

Boost Endorphins — Exercising and sweating increases the level of the "feel good" hormones that are naturally released during physical activity. According to a 2009 study in the journal *Biology Letters*, group workouts actually increase endorphin levels and cause less pain for those who work out together than those who train alone.

Detoxify the Body — One of the most efficient ways to detox your body — without juicing — is to sweat. Sweating can help flush the body of alcohol, cholesterol, and salt. The body releases toxins by using sweat as the conduit.

Lower Kidney Stone Risk — Sweating can be an effective way to remove the salt and retain calcium in your bones. This will limit the accumulation of salt and calcium in

the kidneys and urine, which is where kidney stones come from. It is not a coincidence that people who sweat more tend to drink more water and other fluids, which is another factor in the prevention of kidney stones.

Prevent Colds and Other Illnesses — Did you know that perspiring can actually help fight tuberculosis germs and other dangerous pathogens? According to Dr. Diane De Fiori "Sweat contains antimicrobial peptides effective against viruses, bacteria, and fungi. These peptides are positively charged and attract negatively charged bacteria, enter the membranes of bacteria, and break them down."

Zap Zits — Your pores open up when you sweat and that releases the buildup inside them. Sweat purges the body of toxins that can clog pores and plague the skin with pimples and blemishes.

The next time you exercise, challenge yourself to work hard enough to get a little sweaty. You might be a little more motivated to work out knowing that you are doing more than simply toning your body or losing weight.



WHAT'S INSIDE

How Often Do You Sweat?

School Calendar

Student News

Martial Arts & Manners

Homework Help

Team SKS



GO CONFIDENTLY IN
THE DIRECTION OF YOUR
DREAMS! LIVE THE LIFE
YOU'VE IMAGINED.

- THOREAU -

HOW OLD WOULD YOU BE IF
YOU DIDN'T KNOW HOW OLD
YOU WERE.

- SACHEL PAIGE -

In-School Shiai - April 13, 2019

All students should attend this tournament & try your skills against your classmates. There are divisions for all belt levels from beginners to Black Belts. We have ribbons for all participants with medals & trophies for division champs.

Team SKS Family Fun with the Guelph Nighthawks Basketball Team.

Join us May 11th at 7pm at the Sleeman Centre for the first game of the Nighthawks Basketball season. Get tickets online at <https://nighthawks.spinzo.com/sks> & sign up on the bulletin board.

KICK Nationals—April 27, 2019

This is a mandatory tournament for all Black Belt candidates and takes place in Stratford, Ontario. All SKS students are welcome to sign up & participate as well. Good Luck to all competitors!

Student of the Month

Congratulations to everyone who graded in March—Keep up the Hard Work & Dedication!

Happy Birthday:

Hunter Gohl
Joseph Colaizzi

Tina Ho
Justin Huynh

Liliya Piscitelli
Olivia Melnick
Liam Kerr

Matthew Chung
Rachel Breese
Rhys Detlor

Matthew Reid-Smith
Mark Sayewich

Emmalee Bradley
Mara Scott

Kryn Kelly
Edwin Thompson

March Hardest Workers:

Dean Hogan-Markoja, Justin Huynh, Kryn Kelly, Ayaan Nayar
And Monthly Winner - Kierra Niezen
Congrats to all!

Welcome New Students

Please join us in welcoming:

Edwin Thompson
Haley Robertson Nugent
June Sulley
Angelina Raos
Ivana Raos
Josh Popp
Jordan Popp
Brock Clarke

Prepaid Summer Camp Savings

Purchase & prepay for summer camp & receive 10% off the regular price. This offer expires April 30, 2019 so be sure to register this month. We hope to see you this summer!

**SKS 5km Charity Run & BBQ for
Fodivha Orphanage in Haiti**

Please join us on Saturday May 4th at 10:30 am for our annual Charity Run & BBQ. All SKS Black Belt Candidates will be collecting pledges for the run & your help would be greatly appreciated. Please give what you can, our goal is to raise \$5000.00!

SKS Summer Camp

July 8-12, 15-19 & Aug. 12-16, 19-23

No previous training needed to join the fun at our camps. The SKS FUN TIME CREW keep the kids active with games, karate lessons, walks to the park, crafts and our Pizza Party Friday. Purchase your week at a discounted rate until the end of April.

**Black Belt Spectacular June 7, 2019
NEW LOCATION**

*Evergreen Seniors Centre, 683 Woolwich St.
Tickets will be on sale soon.*

Good Luck Candidates on your April 6th EIL exam.

BELIEVE IN YOURSELF AND ALL THAT YOU ARE. KNOW THAT THERE IS SOMETHING INSIDE YOU THAT IS GREATER THAN ANY OBSTACLE.

- CHRISTIAN LARSON -

TOUGH TIMES NEVER LAST, BUT TOUGH PEOPLE DO.

- ROBERT H. SCHULLER -

DO, DO NOT, THERE IS NO TRY.

- YODA -

MARTIAL ARTS & MANNERS

You may be new to the martial arts or you may be a seasoned black belt but, whatever your rank, it's always a good idea to practice your martial arts manners. If you are a parent of a student, reinforcing manners at home is key to growing the character of your children.

A popular reason for enrolling children in the martial arts is to develop "life skills". These skills include discipline, self-control, patience, confidence, and courage, among others. The idea with these skills and this motivation is to reinforce what is already being taught at home. Martial arts classes can be a valuable tool for helping to really drive home the points you make at home in a very real way.

Proper etiquette is a cornerstone of Martial Arts. While each martial arts school may vary in what is considered proper, there are certain rules that remain consistent throughout the worldwide martial arts community.

The atmosphere inside any martial arts school is one of courtesy and respect, which is often very different from the atmosphere outside the classroom. For example, inside the school students must address instructors with a respectful title, no matter the age of the instructor. However, outside the school, students are accustomed to calling people by their first names. So it is no surprise that those new to the martial arts often are confused by the etiquette of Martial Arts.

In this martial arts school, we strive to teach all students proper etiquette that always applies in the martial arts school and hopefully, everyday life; it is courtesy and respect that make true



martial artists stand out in all aspects of their lives. And if there are situations for which there is no clear rule, it is always wise — whether wearing a uniform and belt or not — to strive always to be

modest, courteous and respectful to all, in particular those who are senior to you.



BE YOURSELF, EVERYONE ELSE IS TAKEN.

- OSCAR WILDE -



EVEN IF YOU'RE ON THE RIGHT TRACK, YOU'LL GET RUN OVER IF YOU JUST SIT THERE.

- WILL ROGERS -



HOMework HELP

The school year will soon come to an end, and with testing looming ahead of them, your children might need some help studying. Here are three quick tips to help them feel like they are equipped to handle their homework.

1. **Create a homework station.** Having a dedicated place for your child to keep everything he or she needs to complete their assignments can help them feel more prepared.
2. **Use checklists.** Breaking bigger assignments down into smaller parts and offering little rewards for each completed step adds a feeling of accomplishment that will increase focus and ambition.
3. **Use a timer.** Attention spans are definitely a factor that makes homework time stressful. Set a timer and take short breaks when the timer goes off.

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 P.A. Day Camp	6 EIL Exam
7	8	9	10	11	12	13 Shiai 11 am
14	15	16	17	18	19 Closed Happy Easter	20
21	22	23	24	25	26	27 KICK Natioanls
28	29	30				