

©2016 MAIA, LLC. / 016MAIAFASTBREAKS

May 2019

MAfastbreaks

Donations still being accepted for Fodivha Orphanage

When it comes to fitness and improving one's health, it can be daunting and almost feel impossible at times. Like climbing a mountain! I need to exercise, learn how to exercise, find a place to exercise, count my calories, eat better, shop for healthier food, cook healthier food, set goals, track my progress, resist eating unhealthy foods, resist falling back into old habits... The list can go on and on. How can we take this mountain of tasks down to a more manageable mole hill of items? When it gets overwhelming, take a step back and focus on one or two things instead of everything all at the same time.

Here's an example. Instead of going cold turkey on all of the unhealthy things you eat, cut out a couple items that you eat on a regular basis and replace them with healthier options. Once you do that for a bit, then work on eliminating a couple more. Start off working out days a week. Do this consistently for a couple of weeks then add in another day. Ease into things, and that mountain you are trying to climb will seem more manageable. Small steps in the right direction are still steps in the right direction, remember that! Not everyone can make the huge, dramatic transition and handle it all at once. For most, when they attempt to do so, they eventually are overwhelmed and give up

Basketball Game May 11th

altogether or resort back to yo-yo diets and the search for mystical, magic pills for a quick fix. But as we all know, those magical pills don't exist, and those fad diets work until we are not doing them any longer. Let those old habits die out along with your weakness for twinkies!

When we focus on a couple of things from that large, seemingly never ending list, we are more likely to actually start and make progress. And that's the whole point isn't it? So make your list, set your realistic goals, plan them out and then pick the two or three things you are going to start with. As you get more comfortable with those two or three things, start to add in one or two more items from your list. Continue that trend, and soon you will find yourself closer to the summit and accomplishing things you never thought you could.

Let's recap. Create your mountain. Set your goals, plan them out and then take action. If you can handle the entire load, great! Keep going. If you cannot, you are not alone. Take on a couple of things at a time and keep moving forward to a healthier and happier you!

T-shirt orders due by May 15th

Black Belt Spectacular June 7th

See page 2 for a NEW section "Business Highlight". If you would like to make your local business the Highlight in an upcoming newsletter just let us know.



WHAT'S INSIDE

Making a Mole Hill Out of a Mountain

School Calendar & News

Chores and Your Child

PB&J Smoothie

Team SKS Martial Arts

SKS Student News



JOIN US MAY 11TH AT THE FIRST BASKETBALL GAME OF THE GUELPH NIGHTHAWKS. TICKETS AVAILABLE AT THE SLEEMAN CENTRE .

“WHENEVER YOU SEE A SUCCESSFUL PERSON YOU ONLY SEE THE PUBLIC GLORIES, NEVER THE PRIVATE SACRIFICES TO REACH THEM”

- VAIBHAV SHAH -

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. Come out & buy a hot dog & cheer on our candidates as they finish their 5k run. **Please give what you can, our goal is to raise \$5000.00!***

Pick up your Free Mother's Day card to give your Mom the gift of health

New Students

Please join us in welcoming:

Theo An , Megan An , Xavier Schmidt , Jameson Coombs Oliver Waymouth , Rannie Martinez , Maxim Georges Emily Gyuran , Pam Ross Grace Dunseith , Kristen Wood, Gabriel Slater

Black Belt Spectacular June 7, 2019 at 7 pm

The NEW LOACATION is the Evergreen Centre at 683 Woolwich St . Come out & support our newest batch of Black Belts and watch as they perform to lively music. This is our biggest show of the year, all student should attend.

April Hardest Workers:

Ciera McKnight, Rylan MacDonald, Marika Georges, Mary-Jane McCormack & Monthly winner Jaden Liang - Congrats to all!

Get your T-shirt order in by May 15th to get the discounted price of \$29.99 or 2 for \$50.00. It is the same design as the previous cotton T's but these are the "Dry Fit" material. Wear your Team SKS T-shirts to class instead of your gi top.

Happy Birthday:

Denyse Wozencroft
Kari Kristiansen
Sahar Sadaqat
Sophie Hang
Ava Green
Laz Holford
Aryana Millette
Robyn Santiago-Smolkin
Dean Hogan-Markoja
Evelyn Sulley
Victoria Turnbull
Jaidyn Landry
Shahbaz Singh Khalsa
Ayaan Nayak
Sara Bentley
Cohnar Renaud
Gregory McLachlan
Jennifer Coughlin
Marcus Schiavone

Business Highlight - Tracey Manton, Real Estate Broker



I love my profession! I bring experience, integrity, extensive knowledge, product expertise and commitment to my clients in an exciting, fast-paced industry.

I moved to Guelph in 1977 and it has been my home ever since. I was born with the blood of Real Estate flowing through my veins. For more than three decades, my father was a leader in the Guelph real estate market. He was the best in the business and it was a gift to have been mentored by him. I credit my Mother for my compassionate side. I'm a lover of animals and nature in general. I value my connection to the earth and the importance of learning to be still...to listen.

I earned my real estate license in 1990, after leaving a career in dental technology, to follow in my Father's esteemed footsteps. My goal was, and still is, to be unlike any other Realtor in the profession. I consistently strive to be the most honest, ethical, knowledgeable, highly skilled, compassionate, and caring Realtor in the business. 29 years later I am still achieving that goal, everyday, in every transaction.

My clients are amazing. They are the driving force behind my successes. They continue to motivate me to deliver my best in every situation. If you are one of them, I thank you for trusting me with your family and your home. If you are a future client, I look forward to meeting you and let the journey begin. It's going



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 / parent demo Friday.

**“OPPORTUNITIES DON’T
HAPPEN, YOU CREATE THEM”**

- CHRIS GROSSER -

**“DON’T RAISE YOUR VOICE,
IMPROVE YOUR ARGUMENT”**

- UNKNOWN -

**“NO ONE CAN MAKE YOU
FEEL INFERIOR WITHOUT
YOUR CONSENT”**

- ELEANOR ROOSEVELT -

CHORES AND YOUR CHILD

For many parents, chores represent the most stressful and consistent battle between their children and themselves. While the individual tasks vary by age and by family, by the time children are leaving their toddler years, they are typically given a set of “chores” to do. Teaching children to help out around the home has many benefits, including:

- Building self-esteem as children see they are capable, competent and able to contribute to the family
- Instilling good work habits
- Teaching skills and abilities

As you build a chore list for your child, set up a system that works for everyone by:

- Starting with age-appropriate chores your child can easily accomplish
- Keeping the amount of time needed to complete chores small (in the beginning, match your child’s age – chores for a two-year-old should take about two minutes)
- Keeping the list small
- Giving your child enough time to complete chores without feeling rushed or stressed
- Being patient as children learn new skills and work habits

One of the best ways to help your child adjust to new chores and feel good about the work he or she is accomplishing is to make the work cooperative. Work with your child by:

- Soliciting his or her input
- Allowing your child to choose one

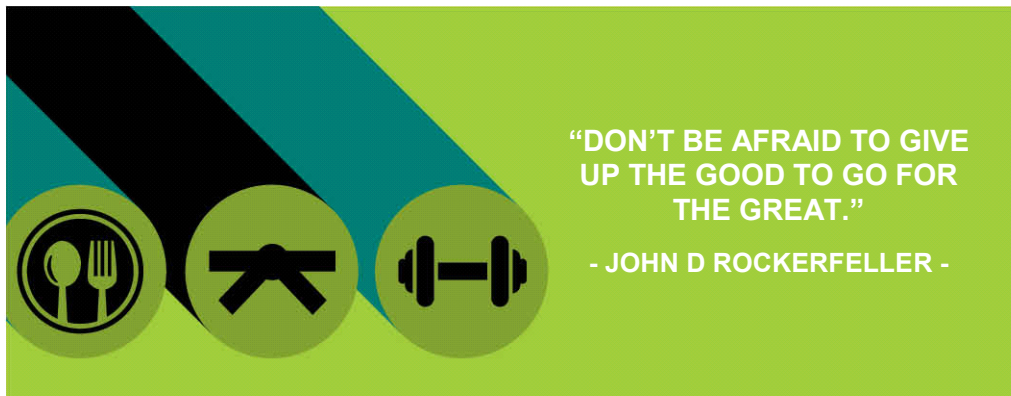


or two chores for him or herself

- Demonstrating the correct way to do the chore before asking your child to complete it alone
- Making sure your expectations are clear

Finally, you can set a positive tone for chore time by:

- Confidently implementing a chore plan and sticking to it
- Modeling a positive attitude when doing your own “chores”
- Celebrating your child’s accomplishments
- Keeping the mood light with humor, music, or games.



PB&J SMOOTHIE

In a hurry? Here is a quick, healthy smoothie to whip up that'll be a hit with just about everyone.

- 2 cups fresh strawberries
- 1 frozen banana, chopped
- 2 teaspoons peanut butter
- 4 ounces fat-free plain Greek yogurt or fat-free milk
- 1/2 cup ice cubes

Toss all the ingredients into a blender and mix until smooth. Enjoy!

To make donations
to Fodivha
Orphanage go to:
hopeforpeople.ca

Free Mother's Day
cards available
at the courtesy
counter

Let us know if you
would like to be the
next "Business
Highlight" & we'll give
you the details.

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Charity Run & BBQ 10:30
5	6	7	8	9	10	11 Basketball Game @ Guelph Nighthawks 7pm
12 Happy Mother's Day	13	14	15	16	17	18
19	20 Closed Victoria Day	21	22	23	24	25 Power Weekend
26 Power Weekend	27	28	29	30	31	