

NORTH FLORIDA TAE KWON DO NEWS

July 2008

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Words are only postage stamps delivering the object for you to unwrap.

— *George Bernard Shaw*

If every word I said could make you laugh, I'd talk forever. — *Anonymous*

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

— *Maya Angelou*

There are tones of voice that mean more than words.

— *Robert Lee Frost*

Use what talents you possess; the woods would be very silent if no birds sang except those that sang best.

— *Henry Van Dyke*

Do, or do not. There is no try. — *Yoda*

There's a great power in words, if you don't hitch too many of them together.

— *Josh Billings*

It is hard to tell if a man is telling the truth when you know you would lie if you were in his place.

— *H. L. Mencken*

Magical Words

“Have a nice day!” How many times do we hear that from perfect strangers as we go about our business? It is such a casual goodbye that we no longer notice it. Yet, when a coworker who knows you are having a week that feels a month long stops by your desk and says, “I know today has been difficult, but I hope tomorrow is better for you,” the warmth is immediate. Someone has acknowledged your counter-productive feeling of frustration. You may still feel overwhelmed, but you also feel hope and remember that this too shall pass. Magical words have a positive effect on the person hearing them and the person saying them.

If you look at the successful people around you, more than likely, they all have one common trait — they have control over their words. For them, words are a tool. They are aware of the power they possess by the words they use. By using positive words, they are able to turn a negative situation into one where the listener can see a hopeful future. This ability not only affects the listener, but the speaker too. Sure, the emotional effect can be felt, but many people don't realize that the brain triggers a physical response to these positive words too.

We've all heard of the left-brain, right-brain abilities, with the left brain being responsible for processing language. However, a brain-imaging study done by UCLA showed that when you label emotions with words like happy, sad, angry, depressed, etc. only one section of the right side of the brain



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was processing the emotion. According to Matthew Lieberman, UCLA associate professor of psychology, "It's rare to see only one region of the brain responsive to a high-level process like labeling emotions." The study was conducted to show how labeling emotions can give a person control over negative feelings.

The next time you, a coworker or family member feels overwhelmed, ask them to talk about it and then offer your magical elixir of words. Remember, a word spoken can never be taken back.

Random Facts of the Month

Apples are more efficient than caffeine in keeping people awake in the morning.

Strawberries have more Vitamin C than oranges.

You burn more calories sleeping than you do watching television!

Banging your head against a wall burns 150 calories an hour (not recommended).

The average American will consume about 60,000 pounds of food during his or her lifetime — that's the weight of about 6 elephants!

News:

Congratulations to Ms. Kim and Mr. Tringle for earning their 2nd Dan on the 20th! You both did an awesome job! We are all very proud of you!

Our Fear Factor Camp was a great success! Everyone had loads of fun! Don't forget that our next camp will be on the 21st-25th of this month! Be sure and be there for a load of Boot Camp fun!

The next color belt testing will be held on the 1st of August! Make sure you are ready!

We will be closed on the 4th of July!

We will be closed on the 10th and 11th for the Martial Arts Super Show in Orlando!

Following our theme from last month, this month's Word of the Month will be etiquette. Be sure to get your handout from your instructor and/or download it from our site and print it out for yourself!

Healthy Snack Tips

There are many different diets out there, but they don't always fit a person's lifestyle, not to mention, not everyone needs a diet, just healthier eating habits to fit their lifestyle.

Emotional eaters know they need to keep their trigger foods like chips, ice cream, cookies and candy out of the house. Stock healthier snacks like fruits, air-popped popcorn, pretzels, crunchy vegetables with low-fat dips or nuts. For those times when you know you will be busy, bag your snacks in individual baggies or containers as soon as you get them home so you can grab and go without devouring the entire bag. If you absolutely feel the need for a treat, purchase a small or individual serving of your favorite treat and enjoy it.

Snacking in front of the television is another habit that isn't easy on the fat or calories. If you find you can't give up snacking while watching your shows, keep low-calorie foods on hand. We all know how easy it is to eat too much when you are mesmerized by your favorite drama, game or cooking show. Eat crisp, raw vegetables instead of greasy chips.

Do you feel like you can't live without chocolate? If there are foods you won't give up, enjoy them in smaller amounts. Buy one tiny, high-quality piece of candy and enjoy it. If it only comes in one size, leave the rest in the break room at work; it won't be there long enough to tempt you. Limit other favorite treats or foods that aren't healthy by enjoying them only once or twice a month and make a big production of savoring your treat. Don't scarf it down while driving home; sit alone in a quiet, peaceful area and savor each small bite.

You won't transform your unhealthy diet overnight so don't despair, most people can't. Implement one idea at a time and every change you make will be one step in the right direction.



386-329-2655

Too Tired to Exercise?

Are you making excuses to avoid exercise and say you feel too tired to work out any more?

You know it is good for you and you always feel better after, but the “do it anyway” motto isn’t cutting it any more. If it isn’t due to a physical illness or low-iron level, then here are a few pointers to try to motivate yourself to keep going.

Change your schedule. If you usually exercise in the evening, set your alarm thirty minutes early and get your exercise session out of the way before your day begins. An early morning exercise session will help energize and motivate you for the rest of the day plus, you can look forward to a relaxing evening knowing you’ve accomplished your goal. This can be a simple solution to the problem of being too tired to work out.

Sometimes the best cure for sluggishness or fatigue is a vigorous exercise session. Have you ever noticed how you can walk into your martial arts class exhausted, but after thirty minutes, you feel energized and invigorated? Exercise gets your blood flowing and zaps fatigue. If you need motivation to lure yourself to class, promise

yourself a small reward after you finish like a long, relaxing bath or 20 minutes with your favorite book; just make sure it’s not a hot fudge sundae!

If it is only occasionally that you find yourself too tired to exercise, go ahead and work out, but less vigorously. To help you to take the first step, tell yourself you’ll only exercise for ten minutes. Chances are you won’t notice when the ten minutes have passed; you’ll feel so invigorated that you’ll want to keep going.

You can always change your routine temporarily to get rid of the boredom by substituting something fun. Go outside for a brisk walk. Shoot hoops in the driveway. Ride your bike to the local store. You can get back on schedule the next time you exercise and the variety will be good for you both physically and mentally.

If you still find yourself “too tired,” talk to your instructor about ways to exercise outside of class that will also benefit your martial arts skills. Give these tips a try and soon you’ll no longer need the old excuse of being too tired to work out. Plus, you’ll look and feel like a new person.

July 2008

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North Florida Tae Kwon Do Boot Camp \$99.00 8:30-6:00 all week long!

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Testing
Aug. 1st