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MARTIAL ARTS
MESSENGER

Resolution Check-In

"Make sure you are always checking, readjusting and pushing forward toward achieving the goals you have set forth."

By Allie Alberigo

You've now had time to work on your New Years resolutions, but what about follow up and follow through? In other words, have you taken the time to inspect what you expect? The simple follow up often is not as simple as it seems. When setting goals, it is important also to plan to follow up and check in on how you are progressing. Who do you check in with? Simply – check with *yourself* by applying a "Resolution Check-In." The "Check-In" will give you an idea of how you're doing. If you haven't already set goals for this year, you can now use this as a way to motivate you to set them

Formal goal-setters seem to beat the competition in regards to achieving objectives they set out to do. The reason is simple: they set goals and check the list on a regular basis. This activity reminds them to stay on track, re-evaluate, or re-establish a goal when necessary. Achieving your goals after you've set them is simply a matter of follow up and follow through. If you set a goal and forget about it, it will most likely never be completed, but if you monitor your progress and take steps daily toward achieving that goal, you are well on your way to unlimited power and success.

Here are three steps to take for your Resolutions Check-In. Maybe it is time to reassess your goal-setting. Be realistic and work toward achieving your goals daily. Make sure you are always checking, readjusting and pushing forward toward achieving the goals you have set forth. People who succeed are the ones who continually monitor their progress.

1. Look closely at your goals to determine which goals are appropriate and which aren't.
2. Do not abandon your goals, reevaluate them. A goal should be challenging, yet attainable.
3. Look at your goals and put a check and balance timeline on them. You should have a timeline for every one of your goals.. For example, say you want to lose 100 pounds. Determine a healthy amount of weekly weight loss to aim for and monitor your loss. Also, if you are not losing weight, determine the reasons why. Weekly, bi-weekly, and monthly sub-goals are realistic. If you learn to succeed weekly, then you will see great results monthly.

Evaluating Body Weight Versus Fitness

By Jennifer G. Galea MS RD

Adults (and children) are heavier than they have ever been in the past: you hear that all over. And whether you are happy with what the scale says or not, most people are worried about their weight...either getting or keeping the pounds off. But should you worry about weight?

Much is known about how excess weight affects health. But recent evidence tells us to focus more on specific "healthy body measurements" than weight. Instead of concentrating our attention on the number that comes up when we step on the scale, we should be looking at:

Fitness

Do you exercise most days of the week? Are you physically active? What is the composition of your weight? Have you been "losing inches" rather than pounds? Are your muscles toned? Are you generally healthy? Do you feel good? Do you feel energized? All these are much more important than the artificially significant "fact" of the pounds you weigh. Weighing yourself can have motivational benefits as well as comparative benefits (as in: how has your weight changed from year to year), but it shouldn't overshadow the answers to the questions above.

Being happy with the weight you achieve

In a recent very large study, people who were happy with their weight reported better mental and physical health. This, of course, works both ways: you want to achieve a weight that you will be satisfied with, and once you do so, you will reap the mental and physical benefits of being at an appropriate weight for you. But don't forget to be content with the weight that you achieve. Don't compare yourself to others...not everyone can be a baseball star and most people are not and should not be a size 4.



Eating right

You are what you eat. So if you want to be healthy, eat the right things. This is where it is truly important to separate "health" from "weight." You can be at exactly the weight that you "should" be, but if you are fueling your body with nutrient-poor foods, you can't hope to be healthy or feel energized and "well."

Waist size and waist-to-hip ratio

If you are a numbers person, the numbers to evaluate are your waist size and your waist-to-hip ratio. For women, a waist of greater than 35 inches is of concern. For men, the number is 40 inches. A waist measurement greater than this is considered a strong indicator that excess weight, in the form of fat, is being stored around your middle. Excess fat around the middle of your body is actually what is linked

to the majority of ailments associated with "being overweight." This indicator can be further refined by measuring both your waist and hip. The waist-to-hip ratio is calculated by dividing the waist measurement by the hip measurement. A result of 0.8 or less for women and 0.9 or less for men is considered healthy.

Take Note...

We will be closed February 16th for Presidents Day.

Our scheduled closings for 2009 will be the following:

Changed from the last newsletter

Spring: April School vacation April 27th through May 2nd.

Fall: October 5th through 10th

Christmas: December 24th through January 1st 2010.

Please be aware that the water in the dojo costs \$1.00. Last year there were more than 500 bottles of water not paid for. If you need some water and don't have the money please don't forget to put the money in later or put in an IOU with your name on it.

Pam Dorr has found a person who is in need of a dry safe room in his home. Jabo lives in a trailer in Greensboro, AL which is deteriorating. The UBBT team will be putting an addition to his trailer which will give him space that will warm and dry.

Activities

During the month of January on Martin Luther King Jr. day Ms. Alyssa, Sensei and Mrs. Melanie Sherwood represented MLK Self Defense Academy and offered our services to the Mayor's Office of Youth Services and brought books raised by Barnes and Nobles fundraiser to a boys school in Allentown.

From there the 3 of us headed over to St. Georges Church on Hanover street to help set up for the Martin Luther King Jr. celebration.

Many thanks to Ms. Alyssa and Mrs. Melanie Sherwood for the time and efforts representing MLK Self Defense Academy.

Upcoming Events

February 14th — March 14th
Demo Practice 9:00
Black Belt Club 10:00
Leadership 11:00

To see past UBBT Alabama involvement see the youtube video links below.

<http://www.youtube.com/watch?v=WWbrcfHiVAQ>