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MARTIAL ARTS  
MESSENGER 

# Goals We Set Are Goals We Get!

"I teach my students that goal-setting and follow-through are imperative to success in all that you do ..."

By Allie Alberigo

In a Harvard study some twenty years ago, a professor interviewed nearly 100 people, asking how many people set goals. Only 2% set goals and stuck to them. Twenty years later he re-interviewed the group and found that the 2% who set goals had accomplished more and had a net worth 10 times higher than the rest of the group: ***quite a powerful testimonial for goal-setting.***

Usually the New Year is a time when people set goals and plan for the upcoming year. Many people have high expectations of what they want to accomplish: lose weight, get out of debt, become a better person, quit smoking or some other bad habit. So they set their goals and go on a quest for self-perfection.

But simply setting a goal is not enough. Without your **MAP**- Massive Action Plan – you are not armed for the battle. Your MAP is the plan that takes you from start to finish. People who fall short of accomplishing goals may not have had a clear plan of how they were going to get to the end result. For instance, you not only need to set a goal, but also to develop a plan, take consistent action, have a success coach, review your progress, and renew your goal. I teach my students that goal-setting and follow-through are imperative to success in all that you do, whether it be achieving your Black Belt or having the best marriage possible.

Consider, for example, the goal of losing weight. This is an admirable goal if you are over your ideal weight. So how do you do it? You must have a diet and exercise plan. You need a daily plan of what activity you want to do: aerobic classes; Martial Arts; or even walking in the neighborhood. Find a success coach - this is very important. You need someone who can keep you on track when you want to fall off, someone who will push you. Take consistent action: go out every day and work toward your goal. It takes 21 days to develop a good habit, so be consistent. Review your progress. Take the time to recognize the steps you are taking. Acknowledge your accomplishments. If you have none, then reassess your plan. Renew your goal. This step is important because it helps you achieve the goal by realizing why you set it in the first place. Goal-setting is like a science. So set the goals and perform the activities to move forward.

**It is easier than 1,2,3.**

## Small Changes, Big Impact!

By Jennifer G. Galea MS RD

This past year I volunteered for the Wellness Committee at my children's elementary school. Our charge was to improve and/or establish programs focused on wellness, including activities, foods, education, etc.

As a registered dietitian with almost 20 years of experience in the wellness field, I opted for the subcommittee on nutrition. Our aim was not only to improve the menu offered to our children, but also to establish programs geared toward nutrition and "food" education. We made menu substitution recommendations, provided educational resources to parents, and suggested ways of incorporating nutrition education into other school subjects such as math, science, and language.

What was most exciting was to show how tiny changes can have a huge impact on the overall diet of children and on their overall wellness. That's a lesson we can all learn and implement daily as we enter the New Year.

What small changes can you make in diet and behavior that will have great impact on your health: will you cut down on the sugar you put in your tea; replace the mayonnaise on your sandwich with mustard; train an extra day each week; take that fun kickboxing class you've been looking into; take the stairs instead of the elevator at work; park on the far side of the parking lot; make the commitment to train with your child in class?



Each of these small modifications to your routine, when accumulated into the whole of your day or week, will make significant differences in your diet and the energy you expend. In addition, each time you make a healthful decision, you reaffirm your commitment to improving your health and well being. Your body will thank you for fueling it with good food and adopting a healthier lifestyle. You'll feel like a finely-tuned automobile rather than a car that merely goes (most of the time) when you push the accelerator.

Give your year a jump start. Identify some areas in your diet and activity that could use improvement. Then decide on some changes you can make and commit to making them. And finally, do it! Start slowly and add as you feel more and more comfortable with the changes already made. Good luck in the New Year!

## Martial Arts Teaches Me to Be A Leader

By Derrick Holmes, Age 13

My name is Derrick A. Holmes and I am a 9<sup>th</sup> grader living in Clinton, Maryland. Learning various disciplines of Martial Arts has helped me build confidence, self-esteem, strong leadership skills and respect for myself and others. It has also helped me make good decisions regarding my choice of friends and the various groups of people with whom I hang out.

The skills I have learned have made my lifestyle both positive and enjoyable. I am able to identify potentially dangerous situations, which allows me to keep myself in a positive environment with positive people. I have been able to overcome peer pressure and remain focused in school and Martial Arts.

With the leadership skills and high level of motivation I have gained from participating in Martial Arts I would like to one day own a graphic design business and become one of the largest and most successful companies in the world. Aside from that it is my dream to become a professional MMA fighter. It is my intention to continue training in Martial Arts throughout my adulthood and to use the processes I have learned in Martial Arts to help me achieve all of my goals.

*Derrick Holmes is a student at Lloyd Irvin's Martial Arts in Camp Springs, MD.*

*Welcome to Kickin Kids, the mind boggling, brain teasing section of Kids' Zone.*

*If you score: 10, you are a Grandmaster; 9, a Master; 8 or 7, an Advanced Student; 6, an Intermediate Student; 5 or 4, a Beginner Student; 3, do 10 sit-ups; 2, do 10 push-ups; 1, do 10 sit-ups and 10 push-ups.*

## KIDSKORNER Martial Arts Word Search

By Kathy Marlor

### Martial Arts Word Search:



*Happy New Year! See how many of the words or phrases associated with goal-setting listed below that you can find in our word search grid.*

*The following words can appear either across, up and down, or diagonally:*

**MEASURABLE; GOAL; COACH; SEE IT; BELIEVE IT; ACHIEVE IT; REVIEW; DECIDE; PLAN; SUCCEED**

## Take Note...

We will be closed February 16th for Presidents Day.

Our scheduled closings for 2009 will be the following:

Spring: April School vacation April 19th through 25th.

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.

Sensei has enrolled in the Ultimate Black Belt Test team 6. Lots of support will be needed throughout this year as I attempt to put into one year what I did in two year with team 3. I'm looking forward to the challenge.

## Activities

Congratulations to everyone who graduated this past Saturday. We had a great time watching all the graduates doing their techniques.

During graduation we had two of our Little Ninja's Allyson Lavoie and Marissa Johnson moving up to our Kickin Kids club. We also had two of our long time students join the Black Belt Club Tessa Boucher and Tatiana Rivera.

Mr. Costa joined Megan Trinidad in the preparation to become 1st degree Junior black belts I expect to see this happen by April. Wish them good luck when you see them.

## Upcoming Events

January 10th — February 14th — March 14th

Demo Practice 9:00

Black Belt Club 10:00

Leadership 11:00

Information on our Alabama fund raiser will be forthcoming. Pam Dorr who heads the project in Alabama is working to find the family that needs our support.