



It's faith in something and enthusiasm for something that makes a life worth living.

—Oliver Wendell Holmes

Getting ahead in a difficult profession requires avid faith in yourself. That is why some people with mediocre talent, but with great inner drive, go much further than people with vastly superior talent.

—Sophia Loren

Nothing great was ever achieved without enthusiasm.

—Ralph Waldo Emerson

Apathy can be overcome by enthusiasm, and enthusiasm can only be aroused by two things: first, an ideal, which takes the imagination by storm, and second, a definite intelligible plan for carrying that ideal into practice.

—Arnold Toynbee

I have learned that success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.

—Booker T. Washington



Enthusiasm: the Key to Success

What differentiates the top martial artists from the rest? Take a closer look the next time you watch them in action. It's evident that they are passionate about what they do. It is their enthusiasm that keeps them pressing on towards their goal when others quit because they're tired and weary. They are heroes to many because they are able to find that extra drive to be the best. Their enthusiasm enables them to invest one hundred percent effort, and, as a result, they enjoy what they are doing.

Enthusiasm is a state of mind that inspires you to complete the task at hand, regardless of the difficulty of the challenge. Ralph Waldo Emerson once said, "Nothing great was ever achieved without enthusiasm." Enthusiasm can be likened to steam that fuels a locomotive. It is the vital catalyst that compels a person into action. Without it, the locomotive can go nowhere, but with it, it can climb any mountain. Success in any part of your life depends greatly on how enthusiastic you are about learning new things, achieving your goals, progressing to higher levels and improving yourself in every way. To achieve success in your life, it is key to have an inner voice that says over and over, "I can do it!" when others shout, "No, you can't!"

Beyond being vital to your success, your enthusiasm can affect the success of others, because enthusiasm is contagious! When you have enthusiasm, everyone around you feels it too. Choose today to display enthusiasm in every part of your life, and watch the effect it has on you and your family, friends and all of those around you.



WHAT'S INSIDE

Special Events

Quiz – How Fit is Your Family?

School Calendar



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Quiz— How Fit is Your Family

When you made martial arts training part of your family lifestyle, you made a commitment to working to achieve a healthy mind, body and spirit for you and your family. The martial arts provide the kind of structure and commitment that will serve both children and adults well in every area of their lives. However, true overall fitness requires more than attending a class a few nights a week or watching what you eat—it's an entire lifestyle. The American Academy of Pediatrics (AAP) points to research that shows "lifestyle activities" such as martial arts, biking, swimming and hiking have a greater impact on weight loss in overweight children than other activities, and even more so when the whole family is involved.

Take the quiz below to find out how fit your family truly is.

1. Members of your family usually watch television, play video games and/or play on the computer:

- A. Whenever they want.
- B. About 2 hours a day.
- C. A maximum of 7 hours per week.

2. Your family takes part in scheduled structured physical activities (martial arts, sports, swimming, dance, etc.):

- A. Never. We're not athletes.
- B. One day per week.
- C. Three or more times per week.

3. Your family goes on a post-dinner walk together:

- A. Never.
- B. Once a week.
- C. Every night, weather permitting.

4. Your family's weekends are spent:

- A. Resting and relaxing.
- B. Rushing everyone around to their various activities, lessons, birthday parties, etc.
- C. Getting some fresh air together with a day of outdoor family fun—hiking, bicycling, etc.

5. Your family's ideal family vacation would include:

- A. A full-service cruise with a pool to lounge by, plenty of buffet meals and separate entertainment options for each family member.
- B. A trip to a theme park with lots of rides and fried foods.
- C. Plenty of activities like sight seeing, skiing, hiking, etc. with a bit of rest and relaxation.

6. When running errands as a family, you:

- A. Don't do errands together. Everyone goes their separate ways while a parent takes care of the errands.
- B. Spend your day hunting for the best parking spot and getting in and out as quickly as possible.
- C. Park once and walk from store to store, or, when possible, walk to the store from home.

7. Your family's evening meals are:

- A. On the go, usually fast food.
- B. Late at night after we get home from all our activities and consisting of whatever is easiest to prepare.
- C. A time for the family to come together to prepare healthy favorites.

Now add up your answers:

A: ___ x 3 = ___ total

B: ___ x 2 = ___ total

C: ___ x 1 = ___ total

Add all three totals together to get your final score: ___

Results:

7-10 = You are doing a fantastic job maintaining a healthy lifestyle for yourself and your family. Not only are you active, but you're active together. Look at areas where you could help enforce your family's healthy lifestyle by making sure there are healthful choices both in and outside the home. By giving proper attention to these seemingly small parts of every day life, you're respecting your commitment to a healthy family.

11-14 = You're off to a good start, but should consider how some family fitness time could give you the opportunity for some extra exercise while spending quality time together. Also look at how you could amend some of your own habits—having a more regular sleep schedule or choosing nutritious foods to cook together—to give your family a better example of healthy living being an achievable lifestyle.

15-21 = By getting involved in martial arts, you're taking the first step towards a healthy lifestyle for your family. The next step is to carry that commitment into other areas of your life that will improve your family's overall mental, emotional and physical health. Family activities, regular exercise and healthy food choices are important. Even if not every member of your family is "athletic" by traditional standards, they can still find martial arts programs and other activities to fit their needs.

Ask yourself what you can do differently starting today to make overall fitness an important part of your family's lifestyle!



Random Fact of the Month — Laughing Your Way to Fitness

It's proven that exercise and a healthy lifestyle positively impacts your mood, but did you know that your mood can positively impact your health? Laughing can do more than put a smile on your face—it can improve your health as well. One study conducted at Vanderbilt University Medical Center in Nashville found that laughing out loud increased metabolism by 20%, and 10 to 15 minutes of laughter burned 10 to 40 calories, about the equivalent of one Hershey's Kisses chocolate. While this obviously doesn't mean that it's okay to ditch your martial arts class for a Three Stooges marathon, it is proof that having a healthy sense of humor truly is healthy for you.



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