



The greatest barrier to success is the fear of failure.

— *Sven Goran Eriksson*

Whatever you say, say it with conviction.

— *Mark Twain*

Communication leads to community, that is, to understanding, intimacy and mutual valuing.

— *Rollo May*

Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.

— *Dr. Seuss*

Confidence, like art, never comes from having all the answers; it comes from being open to all the questions.

— *Anonymous*

If I am to speak ten minutes, I need a week for preparation; if fifteen minutes, three days; if half an hour, two days; if an hour, I am ready now.

— *Woodrow Wilson*

If in doubt, make it sound convincing.

— *Anonymous*



Self-Defense Confidence

As back-to-school season begins and kids clamoring to do new things, you should consider updating your learning fun. Have you considered a class where you can learn kickboxing, martial arts or even self-defense?

You may have taken a self-defense course years ago, but new approaches and dangers are out there. Just like CPR, you should update your skills every few years. Not only will a self-defense class refresh your skills, but it will also renew your self-confidence. After a few weeks of role-playing and being "attacked" from all angles and different situations, you will feel more confident as you leave class or work alone.

Learning is twice as much fun with a friend, so why not invite a friend or co-worker to join you? Remember, dark parking lots can be scary for other workers too, so use this as a great team building activity and you might even get to jab your boss! In today's society, it takes more than just staying out of dark alleys to avoid possible assailants. It takes the self-confidence from effective strikes, yells and kicks and being aware of your surroundings to help avoid attackers.

Self-defense confidence isn't a confidence that says, "Go ahead and attack me. I can take you." It's a confidence that comes from knowing you have taken control of a possible situation and you have given yourself all of the tools possible to assist you in making decisions about fleeing, negotiating or fighting. This confidence carries over into every aspect of your life. It allows you to feel more confident when

Continued on Page 4



WHAT'S INSIDE

Fulfill Your Fiber Fix

Special Events

Watch Your Back!

School Calendar

Fulfill Your Fiber Mix

Just about every cereal or bread advertisement mentions getting your daily recommended amount of fiber, not to mention the products whose sole purpose is increasing your dietary fiber. But what is fiber and how much do you need?

Basically, fiber is a type of carbohydrate your body cannot digest. According to the Mayo Clinic, men under 50 need 38 grams; over 50 need 30 grams and women under 50 need 25 grams; over 50 need 21 grams. The best sources of fiber are whole-grain foods, fresh fruits and vegetables, legumes and nuts. That sounds simple enough so why all the hype? A diet low in fiber can cause health issues and reports show that fiber appears to reduce the risk of developing various conditions, including heart disease, diabetes and diverticular disease.



To better explain why some have a difficult time getting enough fiber in their diets, picture 19.5 grams of fiber in two different formats: you could eat 1 cup cooked barley and 1 cup of blackberries or 2 Big Macs, 3 slices of pepperoni pizza, 4 chocolate bars and 3 ounces of potato chips. Both taste great, but one format is much healthier. To start you on the right track, read labels to track your fiber grams and try these easy tips:

- Eat whole fruits instead of drinking fruit juices.
- Replace white rice, breads and pasta with brown rice and whole grain products.
- Choose whole-grain cereals for breakfast.
- Munch on raw vegetables instead of chips and low-fiber snacks.
- Substitute beans for meat two to three times per week in chili, soups and casseroles.

Special Events:

Kid-Safe Workshop
First Assembly of God Church
124 East G Street Russellville Ar 72801
Sunday, August 10th 11:00—12:20PM

Women-Safe Workshop
First Baptist Church
200 West Denver Russellville AR 72801
Monday, September 15 6:30—7:30PM



Watch Your Back!

A common medical problem adults face is back pain and it will affect most adults at least once in their lives. Fortunately, there may be preventive measures that can be taken for many of these ailments to prevent or lessen the occurrence. Of course, keeping your weight down, stretching and a daily exercise routine for good health will help keep your back strong.

The most common back injury is the muscle spasm, which can occur after an awkward bending or twisting motion, lifting something, turning your head or even bending to pick up a shoe. Studies differ regarding whether preventative measures prevent or lessen back pain, but having a strong and healthy body reduces the recovery time for injuries.

Preventive stretching should be done at least two to three times a week. You can discuss this with your doctor at your next visit. More than likely, he or she has an informative exercise and stretching handout as part of their patient education benefits. Tell your doctor if you have experienced upper or lower back pain, if there is a degenerative family history or if you just want to try to prevent it.

Walking and regular exercise also helps reduce bone loss, which plays a significant role in adult back injuries.

Try these things every day so you can keep a strong and healthy back:

- Watch your posture; sit and stand straight.
- Lift with your legs, not your back. Bend your knees and don't use jerking motions.
- Carry heavy objects close to your body.
- Watch your weight with good nutrition.
- Stretch slowly and only until you feel mild tension; stretching shouldn't be painful.
- Avoid jerky movements.
- Properly use exercise equipment.
- Try different sleeping positions and use pillows for support.
- Wear low-heeled shoes when possible.
- Manage your stress levels.



Self-Defense Confidence

Continued from Page 1

you're outside, shopping or even doing reports late night at work. It allows you to feel more in control at meetings, with co-workers and with yourself. An added bonus is that this new self-confidence encourages you to stick to that diet or exercise program, ask for a promotion, head that committee or do something you have put off because you didn't feel you were ready.

Do something for yourself by signing up for the next self-defense class or if you're a martial arts student, invite a friend to the next buddy day class. After all, you're worth it.



Your School Calendar:

Saturday, August 9	Spring City Open	EIDorado MO
Sunday, August 10	Kid-Safe Event	1st Assembly of God Church (Rsvl)
Thursday, August 14	Kid-Safe Event / Demo	Center Valley Elementary (Rsvl)
Monday, August 18	Kid-Safe / Women-Safe Instructor Training	
Saturday, August 23	Rank Advancement Testing	(Tentative Date)