



Whenever you do a thing, act as if all the world were watching.

— Thomas Jefferson

I will not condemn you for what you did yesterday, if you do it right today.

— Sheldon S. Maye

I praise loudly. I blame softly.

— Catherine the Great

When you have a dream, you've got to grab it and never let go.

— Carol Burnett

There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them.

— Denis Waitley

Kind words can be short and easy to speak, but their echoes are truly endless.

— Mother Teresa

If you don't have confidence, you'll always find a way not to win.

— Carl Lewis

Obstacles are those frightening things that become visible when we take our eyes off our goals.

— Henry Ford

Check It Out!

Autumn generally means check up time for kids, but have you had your yearly physical? The next time you schedule your physical or even your next doctor's visit, take your shot record so it can be checked.

I'm an adult; I don't need shots! Actually, the older you are, the less likely you are to be currently immunized. Many doctors never check their adult patients' shot records; however, you may want to bring it to your next visit and have it checked.

If you attended elementary school after the late 60's, you probably had most of your immunizations. If you were born earlier, you may have had some of the diseases making you immune. Now would be a good time to have it documented in your records, because you may forget whether it was mumps or chicken pox you had when you were four. Now there are vaccines for both!

Next time you head to the doctor, bring your shot record. Ask if you are at risk for any disease preventable by vaccine, what are the side effects and your cost. Remember, the disease is usually a lot worse than the slight soreness, swelling and cost.



WHAT'S INSIDE

Check It Out

Read the Label

School Calendar



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Are You Disciplined Enough To Be a Timex?

Some people compare martial artists to Timex watches; “takes a licking and keeps on ticking!” But what causes these athletes to commit to showing up, working hard and then leaving tired, sweaty and maybe sore? Discipline! Of course, the real discipline is showing up for the next class. However, after three weeks the body craves it and actually misses it when a person skips a session.

The first three weeks are the most difficult since that is how long it takes to form a habit. During that time, every ounce of self-discipline must be used to forge exercise into a habit. In the long run, it will be well worth it! Once the habit is formed, not only is the body addicted to exercise but so is the brain. Exercise does so much for the body and brain that cannot be gotten through pills or diet; however we don't always listen.

When all of those outside distractions appear, self-discipline is needed to counterattack the onslaught.

It is too easy to skip class because the boss is making you work late, you have to pick up the kids, you have a report due in the morning and all of the other things that are a required part of life. You reason with yourself that your exercise plan can skip one night, then two, then a week, and then why bother?

Do not give up! Exercise is part of the solution to all of those situations. When you exercise, you sleep better and have more energy to accomplish more. Exercise induced chemical responses in the brain

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Special Events:

We offer the “Bully Buster” education program as a free service to area schools. This program has been endorsed by a number of organizations, including the National PTA, Sports Illustrated, National Education Association, and the Boy and Girl Scouts.

Statistics tell us that 1 in 3 children are bullied each day, and this can result in a number of negative consequences, including poor grades, low self-esteem, health problems, and more. Our program addresses the common causes of bullying and how to proactively deal with bullies.

This program is also suitable for church youth groups and is offered as a part of our Kid-Safe program to the local schools and communities.



Contact John Terry,
Kid-Safe Regional Director
for details or to schedule an event.

www.rivervalleykidsafe.com

Read the Label

Do you read the labels

on food? While the message on the front of the package

may display “Low Fat” or “Reduced Calorie,” when you read the label and understand what you are looking for, you might be surprised. Regardless of what the claim may be, the label may tell another story. The FDA provides these important guidelines so if the message and label contradict each other, move on to a different product.

Fat-Free = Less than 0.5 grams of fat per serving, with no added fat or oil

Low fat = 3 grams or less of fat per serving

Less fat = 25% or less fat than the comparison food

Saturated Fat Free = Less than 0.5 grams of saturated fat and 0.5 grams of trans-fatty acids per serving

Cholesterol-Free = Less than 2 mg cholesterol per serving, and 2 grams or less saturated fat per serving

Low Cholesterol = 20 mg or less cholesterol per serving and 2 grams or less saturated fat per serving

Reduced Calorie = At least 25% fewer calories per serving than the comparison food

Low Calorie = 40 calories or less per serving

Extra Lean = Less than 5 grams of fat, 2 grams of saturated fat, and 95 mg of cholesterol per (100 gram) serving of meat, poultry or seafood

Lean = Less than 10 grams of fat, 4.5 g of saturated fat, and 95 mg of cholesterol per (100 gram) serving of meat, poultry or seafood

Light (fat) = 50% or less of the fat than in the comparison food (ex: 50% less fat than our regular cheese)

Light (calories) = 1/3 fewer calories than the comparison food

High-Fiber = 5 grams or more fiber per serving

Sugar-Free = Less than 0.5 grams of sugar per serving

Sodium-Free or Salt-Free = Less than 5 mg of sodium per serving

Low Sodium = 140 mg or less per serving

Very Low Sodium = 35 mg or less per serving

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relate to overall health by working to keep your appetite and blood pressure in line and reduce the negative effects of stress. New studies also show that regular exercise aids in a decrease in loss of cognitive skills as we age! With the extra energy, you can occasionally give up an hour of sleep to use as your exercise time when emergencies pop up.

Remember wanting to cut class and sleep in? You disciplined yourself to stay in school and it wasn't always fun or easy, but you did it because it was necessary. Just like your education, the benefits of regular exercise will last a lifetime.

Random Fact:

Your jaw muscle may be one of your strongest muscles if you define strength as the ability to exert a force on an external object. The jaw muscle is not special by itself, but it has the advantage of working against a much shorter lever arm than other muscles. If strength refers to the force exerted by the muscle itself, the strongest muscle of the body is usually said to be the quadriceps femoris or the gluteus maximus.

Your School Calendar:

<p>September 1, 2008</p> <p>LABOR DAY</p> <p>No Classes</p>	<p>September 6, 2008</p> <p>AKA Karate Tournament Springdale AR</p> <p>10:00am Start Time</p>	<p>September 15, 2008</p> <p>First Baptist Church Russellville AR</p> <p>Women-Safe Workshop 6:30pm to 7:30pm</p>
<p>September 18, 2008</p> <p>Personal Care In-Service Primitive Baptist Church</p> <p>Women-Safe Workshop 1pm to 2pm</p>	<p>September 23, 2008</p> <p>IHOP Breakfast Rotary Club</p> <p>Kid-Safe Network 630am to 730am</p>	<p>September 27, 2008</p> <p>Four State Open Neosho MO</p> <p>10:30am Start Time</p>