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MAIAfastbreaks



KEEPING UP WITH THE ROUTINE

In the season of holiday parties, traveling, family visits and preparing for festivities can make us all busier than normal. This can put a strain on the regular schedule of activities for your child or children. It may also cause a few more grey hairs and stress during a time that is supposed to be fun. What typically happens during this fun and festive point in time? We typically skip out on some of our regularly scheduled activities in lieu of the seasonal events that surround this time of year. Just as this affects the multitude of other activities, it holds true for you and/or your child's martial arts training. We cannot be everywhere at once, so this week we skip one martial arts class. Next week it's two and so on. The holidays only come once a year, so go ahead and participate in the activities that accompany this time of year. Just make a point to keep a balance. The more you allow the regular schedule to be affected, the harder it will be to get back on it.

We all know that children and even adults, operate better under a routine. We are creatures of habit and our habits are what we repeatedly do.

Just like fitness, skipping one day of class can easily turn into two. Two becomes a full week and all of a sudden you have not worked out the entire month. Each time you do not go, it becomes easier to not go again. The biggest struggle is actually getting up and going. When you are there and after class is over, you never regret going. No one ever says, "Man, I really wish I hadn't worked out." The concept also applies to our martial arts training. No one ever regrets going to a martial arts class after they are done! In fact, we know that martial arts training is extremely valuable with many mental and physical benefits.

So, what can we do to keep things in balance? Here are some tips.

- Plan ahead. Planning ahead will allow you to keep things organized better and will keep your regular routine intact for the most part.
- Keep a schedule. Seasonal parties and activities are typically planned out in advance. Add them to your schedule ahead of time along with your martial arts classes.

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WHAT'S INSIDE

Keeping Up With The Routine

School Calendar

Portion Control

**SCHOOL
CALENDAR**



**“NEVER GIVE UP. TODAY
IS HARD, TOMORROW
WILL BE WORSE, BUT THE
DAY AFTER TOMORROW
WILL BE SUNSHINE,”**

- JACK MA -

**“IF YOU DON’T SELL, IT’S
NOT THE PRODUCT THAT’S
WRONG, IT’S YOU.”**

- ESTEE LAUDER -

“YOU DON’T LEARN TO WALK BY FOLLOWING RULES. YOU LEARN BY DOING, AND BY FALLING OVER.”

- SIR RICHARD BRANSON -

“YOUR MOST UNHAPPY CUSTOMERS ARE YOUR GREATEST SOURCE OF LEARNING.”

- BILL GATES -

“IT IS NOT THE STRONGEST SPECIES THAT SURVIVE, NOR THE MOST INTELLIGENT, BUT THE MOST RESPONSIVE TO CHANGE.”

- CHARLES DARWIN -

PORTION CONTROL

If you haven’t noticed, portions are getting out of control. From restaurants to vending machine snacks, the amount of food in one meal or package has only gotten larger. Even at home, if you are like many people out there, a serving of whatever you are eating or drinking is determined by the size of the spoon you are serving with or the container your beverage is in. We base things off of how hungry we are and not on the actual amount we should be consuming.

It’s alarming how many people don’t actually know what portions or servings of food they should be eating. This becomes an even larger issue with higher calorie foods. Do some homework and look up the caloric values of each of your favorite meals when dining out. You may be in for a huge shock.

Controlling portions will help you to avoid eating more calories than you should and as a result will help you lose or maintain weight. Here are some tips to help.


- When dining out, consider splitting the meal with a friend or family member. You can also eat half of your meal and pack the rest for another time. If you don’t have the will power for that yet, ask the server to pre-pack half of your meal to go prior to bringing it out.
- When eating in, serve your meal on a smaller plate. This will make the meal appear larger than it is and help you avoid piling on too much food. Also consider keeping the excess food off the table and out of reach. This tactic may also help you avoid overeating.



- When in front of the TV, eating can get out of control. Mindlessly snacking as you watch the game, movie or show is common. To avoid this, don’t eat directly out of the package. Instead, place a serving of what you want to eat in a separate container. This will help you to stay more conscious of what and how much you are eating.
- Snack away, within reason that is! You should be eating healthy snacks in between meals. Not only will this keep your metabolism going, but it may also prevent overeating during your next meal.
- Easy access. Think about it. Why do they put candy and snacks

near the registers at the store? Why are all of the kid’s cereals and such on the lower shelves? To keep it in front of you and them. If they were on the top shelf, you wouldn’t see them as much and most likely not buy them. Apply that concept in your home. Put the healthy foods within reach and at eye level. Place your less healthy and unhealthy foods on the top shelf or in the back of the refrigerator or freezer. If they are out of sight you will likely consume them less frequently.

A little knowledge can go a long way! Start paying attention to how much you are eating and make a conscious effort to control it. Use the above tips to help and take it one step at a time.



“TO SUCCEED IN BUSINESS IT IS NECESSARY TO MAKE OTHERS SEE THINGS AS YOU SEE THEM.”

- ARISTOTLE ONASSIS -



“YOU ONLY HAVE TO BE RIGHT ONCE.”

- DREW HOUSTON -

KEEPING UP WITH THE ROUTINE CONTINUED..

- Schedule makeup classes. If you know ahead of time that you are going to miss your regularly schedule martial arts classes, speak with your instructor for times on when you can make them up.
- Schedule private lessons. You may be extremely busy and may know ahead of time that you are going to miss more classes than

you should. Schedule one or multiple private lessons to keep up with training.

You understand the immense value or martial arts training otherwise you wouldn't have signed up to begin with. Don't let an activity with so many associated benefits fall down on your priority list during this time of year. Keep the balance, plan things out ahead of time, have fun and happy holidays!

Place Stamp Here



Give It Now... USE IT ALL NEXT YEAR!

Give the gift of martial arts. A uniform, private lesson, and an entire month of classes are included in this special holiday package. Make this the holiday gift that really KICKS in the new year.

