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THE BENEFITS OF PRIVATE LESSONS

Whether you are in school or in martial arts, you typically learn in a group environment. While there are many benefits to learning in this fashion, there can be some drawbacks.

We all learn at different paces, and we all have our own set of strengths and weaknesses. In a group setting, it is very difficult for a teacher or instructor to focus a large portion of time on any one individual. They have to spread their time out equally among all students. So, in the areas where you may be struggling, you typically cannot get the individual attention you need to truly learn what is being taught.

On the opposite side of the equation, in the areas where you excel, you'll want to move on to the next level. In a group setting, you may not get the attention you need to be pushed to your maximum ability.

Even the best instructors aren't able to give individual attention to every student in every class session. That is why private lessons are so valuable. Let's take a look at some of the reasons you might want to consider setting up a one-on-one session.

- To get help with something you are struggling to learn
- To get pushed to your full potential and to be challenged more than you are in the group classes
- To improve current and past techniques
- To overcome a fear of sparring, board breaking, etc.
- To learn something new
- To prepare for testing
- To prepare for competitions
- To practice with family
- To motivate yourself
- To test the benefits of a higher level program
- To reach your fitness goals

Those were just some of the many reasons for and benefits of private lessons. To continue the discussion on a more personal level, speak with your instructor on how private lessons will



WHAT'S INSIDE

The Benefits of Private Lessons
School Calendar
Healthy Living
Meal Planning

**SCHOOL
CALENDAR**



IF IT DOESN'T
CHALLENGE YOU, IT
WON'T CHANGE YOU.

- UNKNOWN -

IT ALWAYS SEEMS IMPOSSIBLE
UNTIL IT'S DONE.

- NELSON MANDELA -

IF THE PLAN DOESN'T WORK,
CHANGE THE PLAN, NEVER
THE GOAL.

-UNKNOWN-

THE WAY TO GET STARTED
IS TO QUIT TALKING AND
BEGIN DOING

- WALT DISNEY -

DISCIPLINE IS THE BRIDGE
BETWEEN GOALS AND
ACCOMPLISHMENT.

- JIM ROHN-

HEALTHY LIVING

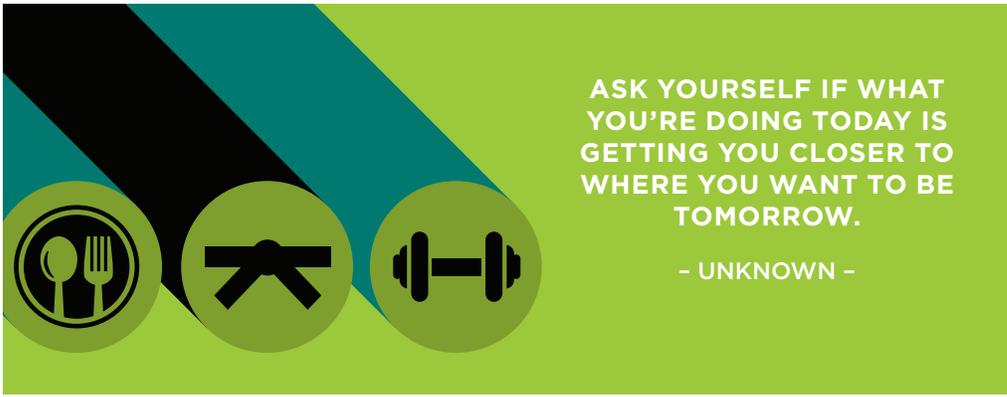
The first month of the year has already passed and we are in February, the month of love. As we approach a holiday that is often associated with chocolate, candy, and other decadent things, it seems like a good idea to talk about maintaining a healthy lifestyle. Healthy living is all about balance and moderation (even dark chocolate can be good for you!). Below is a brief list of suggestions to help keep you on track this new year:

- **Eat a variety of foods.** This helps keep dieting (and eating in general) interesting. It's important to eat a variety of foods from all of the food groups to ensure you are getting the nutrients you need.
- **Enjoy plenty of fruits and vegetables.** We've all heard this one since childhood, but it continues to ring true. Fruits and vegetables are key to healthy eating.
- **Maintain a healthy body weight.** Extreme weight fluctuation can be just as bad for you as being under- or over-weight. A healthy body weight can best be maintained through a combination of a good diet and exercise.
- **Eat moderate portions.** In most cases, changing the amounts of the foods you eat

and eating more of what is good for you and less of what isn't is a better long-term plan than completely eliminating foods.

- **Eat more fish.** Fish are an excellent source of protein, vitamins and minerals. Oily fish, like salmon, trout and fresh tuna, contain omega-3 fats, which can have many health benefits. Cut down on sugar and saturated fat. We all know sugar and saturated fat, like the fat found in most baked goods, butter, and hard cheese, is not good for us. Try to cut down on the amounts you consume, and try not to eat foods high in sugar and saturated fat content before bed.
- **Eat regularly.** Eat less food more often. Instead of one big lunch at noon, have two smaller meals of the same amount in total.
- **Drink plenty of fluids.** Water, water, and more water. It is calorie free, healthy and a necessity of life.
- **Get on the move.** Exercise. There are so many options, but keep in mind one of the best options: MARTIAL ARTS TRAINING.





ASK YOURSELF IF WHAT YOU'RE DOING TODAY IS GETTING YOU CLOSER TO WHERE YOU WANT TO BE TOMORROW.

- UNKNOWN -



PEOPLE WITH GOALS SUCCEED BECAUSE THEY KNOW WHERE THEY ARE GOING... IT'S AS SIMPLE AS THAT.

- EARL NIGHTINGALE -

MEAL PLANNING

One of the most efficient ways to save time during the week is through meal planning. The key to success is to set aside some time every week to get things done. Here are some tips to help you get started:

1. Decide how many meals you need to plan for. Know how many times you'll be eating at home, or taking meals from home, and plan accordingly.
2. Know what things you have time for. On busier days, look for slow cooker recipes.
3. Use an actual calendar or a meal planning app to set your schedule. Success in meal planning isn't just about what you're going to make, but when you'll make it.
4. Budget, make a master grocery list, and shop once.

Place Stamp Here

