

## Staying on Track During the Holidays

Knowledge of what is possible is the beginning of happiness.

— George Santayana

An optimist is a person who starts a new diet on Thanksgiving Day.

— Irv Kupcinet

Happiness is a perfume you cannot pour on others without getting a few drops on yourself.

— Ralph Waldo Emerson

It is health that is real wealth and not pieces of gold and silver.

— Mahatma Gandhi

If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes.

— Andrew Carnegie

A good holiday is one spent among people whose notions of time are vaguer than yours.

— John B. Priestly

Everything exists in limited quantity - especially happiness.

— Picasso

With the holidays in full swing, one question people often ask themselves is, "How am I going to stay focused on health and fitness through the holiday season?" It's understandable that the extra temptation to cheat on your diet, the time spent doing fun family activities, shopping, and even just the stress of the holiday season can contribute to weight gain. So how do we combat this huge problem during the most festive of times?

Here are 10 sure-fire ways to stay on track during the holiday season:

1. Instead of snacking on baked sweets, switch to a natural sweets like fruit to manage your sweet tooth.
2. With so many evening parties, it's important to plan an exit strategy
3. Drink plenty of water. The cool weather has a tendency to dehydrate and, sometimes, hunger pains can be a result of insufficient fluid intake.
4. Stay away from the break room, where team members often offer home-made baked goods and candies during this time of year. By avoiding the snack area where cheating can occur, you're less likely to succumb to temptation.
5. Exercise your way through the holidays. By continuing to do even moderate exercise, you will increase your endorphin levels, which will eliminate the holiday

that will get you home in time to get the recommended eight hours of sleep.

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### WHAT'S INSIDE

School Calendar

I Couldn't Help Myself!

Upcoming Events

Happy Birthday to....

# Happy Birthday to:

Devin Cutty-1st

Zach Sword-3rd

Nolan Jackson-7th

Brennan Teutsch-9th

Clay Lewandowski-13th

Trace Dalton-18th

Jerry Batts-19th

Jordan Chambliss-27th

Chuck Foley-30th

Aidan Kopke-1st

Michael Walker-5th

Caleb West-8th

Collin Butler-9th

Ashleigh Roberts-14th

Alex Edwards-19th

Lee Slansky-21st

Carter Glover-28th

Makenna Wright-30th

Scott Miguez-2nd

Jason Evans-6th

Crystal Dillon-8th

Erinne Chesney-10th

Michael Johnson-17th

Madison Hurst-19th

Hayden Hawn-26th

Michael Hooker-28th

Dario Cosic-3rd

Joshua Hoover-7th

Noah Fox-8th

Jim Krieger-10th

Andrew Lord-18th

Caleb Alexander-19th

Nick Deardoff-27th

Christian Myers-28th

## Upcoming Events:



Finish your holiday shopping early at our martial arts school. We have different holiday packages available including mini private lessons, a week or month of classes, uniforms or T-shirts, and more! Get it all now because this special ends soon. Call or stop by today for details.



Get your **FREE** Holiday Martial Arts catalog while they last!! **25%** off all orders and **FREE** Shipping until Nov. 21



Pak's Karate Academy locations will be **CLOSED** on Thursday, November 11 for Veteran's Day and from Thursday, November 25 until Sunday, November 28 for Thanksgiving. There will be one (1) class for all ages, all ranks on Wednesday, November 24 from 5:30-6:30 PM

**You Go Out Shopping, While Your Kids Are Out Chopping!!**

**Black Friday Camp  
Friday, November 26  
4:00 AM until 12 Noon  
\$5 per hour**

**Includes breakfast and snacks  
Go shopping for your kids while we have a morning of fun and games!**

**Limited spaces available**

# I Couldn't Help Myself!

"I have no idea how that food got on my plate and in my stomach!" Have you ever uttered those guilty words? Holiday feasts are a wonderful time to relax and catch up with family and friends, but it's usually over a table laden with scrumptious, wonderful goodies. Exercise moderation, but if you accidentally eat more than you planned, have

no fear; simply use this chart to burn some of those calories.

Find your weight on the chart and look at that row to find how many calories you can burn during 10 minutes of some of your favorite activities. No excuses! Even Santa can squeeze 10 minutes into his schedule.







ACTIVITY	125 LBS	150 LBS	175 LBS	200 LBS
Aerobics/low impact	55	66	77	88
Basketball game	80	96	112	128
Bicycling 12-14 mph	80	96	112	128
Circuit training	80	96	112	128
Golf-carry clubs	55	66	77	88
Jump rope	100	120	140	160
Martial arts	100	120	140	160
Tennis - general	70	84	98	112
Volleyball game	30	36	42	48
Walk - 4 mph	45	54	63	72



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- blues and keep you from eating out of boredom.
- Don't increase alcohol consumption. If you're a social drinker during the rest of the year, maintain your pace. Just because there's a man in a red suit, it doesn't mean that one drink has to turn into two. Also, anytime you are drinking, it is recommended to drink two glasses of water for each alcoholic drink you consume.
  - Demonstrate portion control. For some reason people feel an obligation to over eat around the holidays, but it's not a requirement to indulge. By practicing portion control, you will not only feel better about your choice, but you will feel better physically.
  - Watching sports over the holidays is fine, but there is no reason to eat continually throughout the game. Instead of sitting in the recliner, try riding a stationary bike or walking on a treadmill. Also eat healthier snacks.
  - Wash your hands more often; it doesn't make you weird, it makes you health conscious. Nothing is worse than getting sick during the holidays.
  - Check out your local martial arts school, because it is a GREAT place to get in shape!
- Doing small things to maintain a healthier, happier lifestyle will make a huge difference in your life, especially during the holidays.
- Jessy Norton  
ACE Certified Group Fitness Trainer  
NASM Certified Personal Trainer  
Cage Fitness PRO Trainer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2 	3 	4 	5 ITC 5 ICC 7	6 BBC Paintball
7	8	9	10	11 Karate School CLOSED Veterans Day	12 ITC 6 ICC 8	13 Minden Pak's Grand Opening
14 Forms & Vocabulary Stripe Week	15 Butterbraid Sale-Bossier ←————— Christmas Catalog Sale —————→	16 Butterbraid Sale-Bossier	17 Butterbraid Sale-Haughton	18 Bodacious BBQ order	19 ICC 9 Buddy Day	20
21 Christmas Catalog orders due	22 ←————— Public Schools CLOSED —————→	23	24 1 Class 5:30-6:30 PM	25 	26 Black Friday Camp	27
28	29 Bossier Table Meeting	30 Haughton Table Meeting	