

TOP NOTCH NEWS

Healthy Body | Healthy Mind | Healthy Family

Belly Breathing

Belly breathing is easy to do and very relaxing. Try this basic exercise anytime you need to relax or relieve stress.

- 1 Sit or lie flat in a comfortable position.
- 2 Put one hand on your belly just below your ribs and the other hand on your chest.
- 3 Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.
- 4 Slowly breathe out through your mouth. Feel the hand on your belly go in, and use it to push all the air out.
- 5 Do this breathing 3 to 10 times. Take your time with each breath.
- 6 Notice how you feel at the end of the exercise.



Congratulations to All Black Belt Testers!

We are very proud of our newest Black Belts. Saturdays test produced six Black Belts (Dan) and five 1st Degree Black Belts (1st Dan). We also had two students complete there pre-test. One for Black Belt and the other for 2nd Degree Black Belt. And Ten parents received their Honorary Black Belt in Support.





Celebrate the Achievements of Others

From the book: *bow to life*
by Joseph Cardillo

Is this a private celebration, or can anybody join in? In the dojo [dojang - Korean], the answer to this question is easy: *celebration of one is celebration for all*. There is a practical element to this attitude. By taking pleasure in the joy of others, you encourage further successes and assure more positivity in your immediate environment and beyond. Celebrating the achievements of others is also a natural part of the Wheel of Life. It is your way of creating harmony and the best way of assuring that celebratory events will occur for you, too. This is also true in daily life.

Open Mind

Quotes:

"The ego is what causes you to feel superior. To study martial arts is to do battle with the ego."

Zinc: Good For Growth

Article from healthychildren.org

Neither sex fares well when it comes to eating enough foods rich in zinc, a mineral that is integral to normal growth and sexual development. Two in three teenage boys and three in four teenage girls fail to meet the recommended dietary allowance of 15 milligrams and 12 milligrams a day, respectively. A shortage of zinc weakens immunity, so that youngsters may develop more infections than usual; minor cuts may take longer to heal, too.

It's best to replenish the body through the diet. Vegetarians, however, may be particularly prone to zinc deficiency. Much of the zinc in fruits, vegetables and bread is not always fully absorbed. Lean red meat is an ideal source of zinc, as are chicken and fish. A multi-vitamin with zinc provides the daily requirements for this mineral.

Foods Rich in Zinc

- Meats: lean beef, pork, liver.
- Dairy products: nonfat dry milk, cheese.
- Poultry: dark-meat chicken, turkey.
- Eggs.
- Shellfish, particularly oysters.
- Seeds: pumpkin, sunflower, squash, watermelon, lentils.
- Nuts: peanuts, pecans, Brazil nuts, pine nuts.
- Yeast-leavened whole-wheat breads and bread products.
- Wheat germ, whole-grain cereals.
- Dry beans.

Source Caring for Your Teenager (Copyright © 2003 American Academy of Pediatrics)