



Physical Fitness:

Good physical condition; being in shape or in condition.

This month our weekly lessons will cover:

Dear Parents,

Did you know the percentage of overweight children and adolescents in the U.S. has nearly tripled since the early 1970s? That's why, this month, we will discuss physical fitness in our classes to help combat this epidemic. As you begin thinking about your New Year's goals, not only for yourself, but also for your children, remember to include everyone's physical fitness needs. This is important because more than one in five children between the ages of 6 and 17 are now considered overweight. Childhood obesity has been linked to diabetes, high blood pressure, depression, anxiety, and poor academic performance. Yes, it's grim news, but we can overcome it; here are some ways you can help:

Martial arts classes are a wonderful way to include physical fitness in your life. Practice with your children or join your own class and be a role model to your children while you learn together.

Dance or walk while you're on the phone and encourage the kids to do the same.

One to two minutes of activity add up. During television commercials, have everyone jump up and do jumping jacks, push-ups, kata, etc.

Remember safety, but have challenges at home. Give the kids chores to do and see who finishes first. Have them race against you!

Take the time to do other physical activities together, such as walking, running, or biking.

Don't forget that fitness also includes fitness of the mind, so talk about the school's new semester. Help your children enjoy learning.

Take your children on adventures by looking up countries that are in the news and helping them understand what is happening with current events.

Show your children how to relax by lying in the grass and watching the clouds or reading a good book. Use this time to relax and re-energize.



Week One:

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it. *Plato*

Week Two:

Those who do not find time to exercise will have to find time for illness. *Earl of Derby*

Week Three:

True enjoyment comes from activity of the mind and exercise of the body; the two are united. *Alexander von Humboldt*

Week Four:

Physical fitness is not only one of the most important keys to a healthier body; it is the basis of dynamic and creative intellectual activity.

John F. Kennedy

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