

Liberty Elementary School



Goshin Karate & Judo Academy

Kicks off Health & Wellness Week

On January 31st Goshin Karate & Judo Academy Kicked off the Annual walk for Health campaign with Liberty Elementary School.

Our goal at Goshin is to educate the children about youth wellness issues and promote physical fitness and positive behaviors.

Even though the benefits of exercise are well known, the trends still show that our children are not reaping those benefits. Why? It seems we have put up some barriers that defeat us before we even get started. Here is what the Kids are saying;

"I don't have time." Who can't relate to this one? No one, it seems, has time these days to do everything that is demanded of them. But: if you examine what's really important, wouldn't your health be near the top of the list? Try this: Instead of "defeating" yourself because you don't have time for a four-five minute workout, try to make time for three, ten-minute sessions of an activity you like to do. It can work just as well, and you'll become convinced you actually do have time.

"I hate to exercise." Join the crowd! Try this: change the way you do the things you always do anyway, park farther away from the mall or school, and take the dog on a longer walk. It all adds up.

"It's too complicated." There is so much conflicting information on the "best" way to get fit, lose weight, and eat better. No wonder we're confused. Here are some simple facts: regular exercise is essential; it doesn't have to be done in a classroom to be effective; the only way to lose weight is to eat less and move more. Try this: take a walk with a friend. Try to walk twice this week. If you feel OK, try three times next week. Build up your distance and frequency gradually. Repeat every week. It works!

Special Thanks goes to Nurse Linda Van Sande at Liberty Elementary School for organizing and supervising this event.

Goshin Karate & Judo Academy

6245 E. Bell Road #120 Scottsdale AZ. 85254 * 480-951-2236

www.GoshinKarate.com - GoshinKarate@cox.net

"One of the Top 100 Martial Arts Schools in North America" ... Not Just Different... BETTER!

