



PALLEN'S
MARTIAL ARTS™

PARENTS

JANUARY 2022

PERCH

HEALTH

**“Strive together,
Thrive together.”**

Young students: My body is strong, my brain is sharp and I feel good!

Older students/teens/adults: Wellbeing in body, mind and spirit.

- WEEK 1** Health defined: Nutrition, Physical Activity, Good Hygiene, Sleep, and Stress
- WEEK 2** Nutritious Eating: Nutrition; the food groups and good hydration
- WEEK 3** Physical Activity: Exercise, Fitness, Endurance, trength Strength and Flexibility
- WEEK 4** Unhealthy choices: Things to avoid and GHealthy Goal-Setting for 2022

Dear Family,

This month we will focus on the powerful word; “health.”

Being healthy is more than just feeling good. It’s total wellbeing and freedom from disease. Each year, it’s important to take inventory of our health and the health of our family. But just as important, we need to help our children to understand and take responsibility for their own health as well.

When children are young, parents choose what their children are going to do and eat. As children get older, the responsibility of the physical and nutritional choices shifts to them. Of course, we can still buy nutritious groceries for our homes and encourage the best physical activity here in class, but children aren’t always under the watchful eye of a

parent, teacher, or coach! We must encourage them to make positive choices even when they are on their own.

Children’s lifestyles have a profound effect on health. An article published in the *International Journal of Behavioral Nutrition and Physical Activity* showed that heavy use of electronic media had adverse health effects on children. In particular, high levels of electronic media was linked to increased risk factors for type 2 diabetes and vascular diseases. Surprisingly, heavy use of electronic media, especially watching too much TV and too many videos, increased the levels of risk factors not only in sedentary children, but also physically active children. Irregular eating and unhealthy diet played a role in the results.

Children can improve or

maintain good health through balanced nutrition, daily physical exercise, a good night’s sleep, good hygiene, and steering clear of drugs and smoking. Having powerful character may also contribute to wellness since a clear conscience and a giving spirit always makes us feel good!

Please continue to talk to your children about making healthy choices. Let’s make 2022 a very healthy year!

Thank you for your support. You are pivotal in helping to make our school one of the best personal development centers in the world.

Best Regards,

*—Your Motivated and
Dedicated Instructors*