

# GKR KARATE JOURNEY



## HEALTH AND NUTRITION HINTS

### Basic Thoughts On Health

- Some people don't do well simply because they don't feel well. Some people take better care of their pets than they do themselves. Their animals can run like the wind and they can barely make it up a flight of stairs.
- Make sure the outside of you is a good reflection of the inside of you.
- Treat your body like a temple, not a woodshed. The mind and body work together. Your body needs to be a good support system for the mind and spirit. If you take good care of it, your body can take you wherever you want to go, with the power, strength, energy and vitality you will need to get there.
- Take good care of your body. It's the only place you have to live.

### Weight Loss Tip 1: Avoid Junk Foods At Night

Eating junk foods in the evenings gives us no opportunity to burn those unwanted calories.

» GKR student, Graham Wakefield refused to give up his ice-cream cravings by simply switching to get his ice-cream fix after lunch instead of after dinner. Having ice-cream after lunch meant he still had the afternoon and evening to burn off all those calories. The result? He lost 3kg in two weeks.

### Weight Loss Tip 2: Give Up Just Some Of Your Bad Habits

Going cold turkey on all your junk food and sugary cravings may be too much too soon. So start one at a time. GKR student, Paul Baker chose to give up just one of his vices, Coca-Cola. His waist dropped three belt notches in the first month.

### Weight Loss Tip 3: Every Calorie Counts

Weight loss can be simply summed up by the following equation: if we burn more calories than we consume we will lose weight. If however we eat more calories than we burn, we will put on weight. Understanding this principle, you don't have to become a fitness fanatic, but you can take advantage of those small opportunities to burn a few extra calories. Some examples are:

- Always stand when you are on the phone. Standing,



even pacing around burns calories where sitting does not.

- Always avoid escalators and choose to take the stairs. Take on the mentality that escalators are for injured or lazy people. You were born with legs, so use them.
- Get off bus or train one stop early. The extra 5 minutes walk to work will do you some good.

### Increase Your Strength Tip 1: Feed And Rest Your Muscles

Muscles don't become stronger by working out. Working out actually breaks our muscles down (making them weaker). It's what comes next that counts. Resting them and feeding them, allows them to rebuild themselves stronger than before.

» If you wish to increase strength, avoid fatty and processed foods as they offer your muscles zero nutrition. Instead eat quality foods such as vegetables, rolled oats (instead of cereals) and get plenty of protein from fish, eggs and lean meats. Tinned tuna is rich in protein, cheap and easy to carry around.

## **Increase Your Strength Tip 2: Once Per Week Won't Cut It**

If you wish to increase muscular speed, strength or endurance, working your muscles once per week won't be enough. You will need to exercise your muscle groups at least 2-3 times per week. If you find that you can't get to a class more than once per week, you can always practise your karate at home. Beyond this, push ups (also known as press ups), sit ups, squats etc, are all exercises you can do at home without the use of equipment. A simple approach is to do them in the commercials while watching TV.

## **Body Toning Tip: Practise Your Kicks At Home**

Nothing shapes and tones your body like performing kicks. This is due to a number of reasons:

- Kicking fully engages the largest muscles in our body (our legs and buttocks)
- Kicking fully engages our core muscles - our abdominals, our lower back and obliques (love handles). Exercises that engage our core muscles are known to speed up lean muscle development and our metabolism.
- The areas most people wish to tone up are their legs, hips and lower torso (our core).

When practising your kicks at home, go through the same routine you would follow at your karate class. This involves first going through each kick in four stages, and then three stages. Going through the stages is excellent for developing leg strength as you are holding your positions. Then go through each of the kicks at a slow then medium pace. Finally, go through each kick fast.

## **Nutrition Tip 1: Cell Malnutrition**

Did you know that most overweight people are actually dying of malnutrition? The first thing a doctor may ask someone is; "How have you been eating?" This is because eating affects the health of our body's cells. When we focus too much on feeding our cravings and our stomach, and too little focus on feeding our body's cells, the body responds by becoming lethargic, unable to focus, losing enthusiasm, and being more susceptible to illness.

» Our bodies are made of molecular chains of cells that make up our DNA. These cells need nutrient-rich foods to function effectively. While we may fill our stomachs and quench our hunger every day, most people do not satisfy the needs of their body's cells. So how do we satisfy our cells? The simplest answer is by eating enough vegetables. Vegetables reduce the risk of stroke, heart disease, Type 2 diabetes, and cancer. Let's not ignore the obesity epidemic we are facing. Vegetables are low in calories and are filling. They are abundant in fibre (keeping our digestive system healthy), rich in vitamins and minerals and phytonutrients. They are also excellent for keeping us awake, alert, focused and energised.

» While eating a variety of vegetables covers pretty much the majority of cell needs, studies show that less than one

third of all westerners eat the recommended dosage of vegetables. This means that while their bodies often put on weight, at a cellular level they are literally decaying of malnutrition. For adults, the recommended servings of vegetables are about 2.5 cups per day. Vegetables should be at the top of our grocery list.

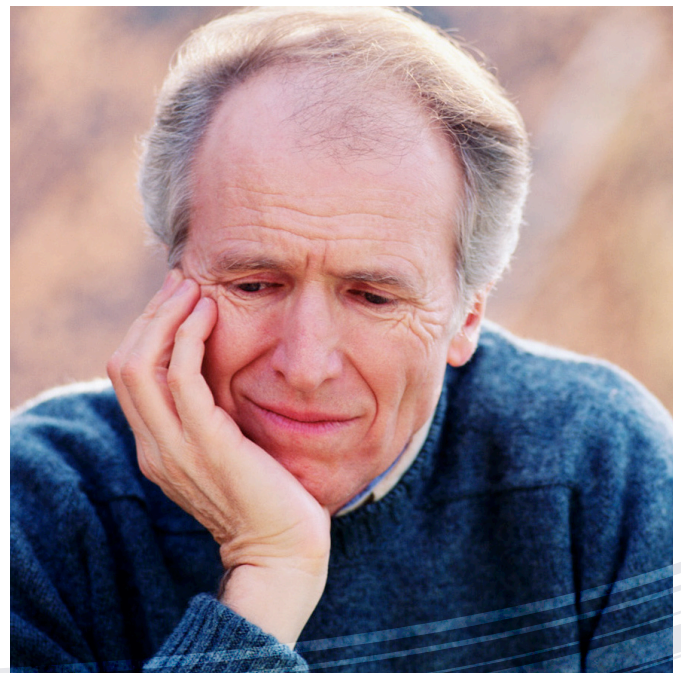
## **Nutrition Tip 2: Getting The Most Out Of Your Veggies**

Preparation is important if you want to get the maximum nutrients from your veggies. Do not expose them to light as this can break down the nutrients. Delay washing them until you are about to eat them (as water absorbs many of their nutrients), and delay chopping your veggies as long as you can (and don't slice and dice too finely) as air also destroys many of their nutrients. You might be thinking, "but when they are growing, are they not exposed to air, water and light?" Yes they are, but once a vegetable has been picked from the vine, it immediately begins to rot (because it has lost its source of nourishment). After this time, they need to be kept well, prepared properly and eaten as soon as possible.

## **Mental Health Tip 1: Overcoming Boredom**

Does boredom feature a little too highly in your life? Are you bored with your job? Your relationship? Your hobbies? Your friends? Are you bored with your life in general? If you answered yes to any of the questions above, then don't worry because you're not alone. Studies reveal that the major concern amongst adults (outside serious health issues) is boredom or a feeling of 'staleness' in their life. When we are young we have exciting ideas for how we are going to live our life. Then at some point we look at our present situation and it all feels too monotonous.

*"Boredom is a self-made prison."*



Some people feel trapped by their situation in life. They see their commitments to their kids, their work, their marriage etc, as something that prevents them from living a more exciting life. Nothing could be further from the truth. Sure, our commitments might prevent us from running off and, for example, joining a travelling circus, but you don't have to go to the extremes to rid yourself of boredom. Boredom does not come from our commitments, it comes from two things: firstly, monotony. Everything over time, irrespective of how exciting it sounds, will eventually become monotonous – even a travelling circus. Secondly, boredom is the result of our own inability. Our inability to enjoy what is in front of us.

***“Boredom is the result of our own inability to enjoy what is in front of us.”***

For the person who feels boredom plays a large part in their life, the most important realisation they can come to is this: Boredom is not an emotional prison imposed on us by our commitments, but rather a self-induced prison arisen through their own inabilities. It's never easy to accept that we are the main problem in our problems, but by accepting this fact we also find solace in knowing that because we have control over ourselves, we also have the power to change our situation. Human beings often forget that they have the most amazing of all abilities – the ability to change. If they don't like their address, unlike a tree, they can change it. Through the power of a single decision, a person can dramatically change their hair, their beliefs, their exercise regime, their body, their jobs, the quality of their relationship, their results, their attitude, their habits, anything!

***“Its not the years in your life, but the life in your years that counts.”***

A lack of variety only coincides with a lack of imagination. As previously stated, you don't need to go to extremes to break monotony as even small changes can provide newfound enthusiasm. So take a moment to think of how you can make some small changes to revitalise your life.

### **Mental Health Tip 2: How To Conquer Stress**

For every 1 hour of work, take a 5 minute break. Stretch, exercise or meditate. These 5 small minutes will allow you to refresh your brain, de-stress and move around (which increases feel good hormones).

- If you are experiencing mild depression or anxiety, aerobic workouts such as walking or karate can significantly improve your mood. Resistance training can also boost your spirits, improve sleep and appetite, reduce irritability and anger and produce feelings of mastery and accomplishment.
- Plan something rewarding for the end of your hectic day. It can be something very simple such as taking a long shower, reading a book, getting to a class. Having something to look forward to keeps stress levels down.

- Pick one thing you have been putting off and tackle it. Taking care of one nagging responsibility can be revitalizing and can improve your overall attitude.
- Give yourself plenty of time to get to where you are going. Try bringing a book or magazine with you when you may have to pass time while waiting for an appointment or meeting.
- Share your feelings with a friend, family member or work colleague you trust. As the saying goes, “A joy shared is doubled, and a sorrow shared is halved.”
- Don't concern yourself with tomorrow's challenges. Bring your focus to today. Don't be concerned about things you cannot change or than might never occur again.
- Manage your time. Make an achievable 'to do' list with clear priorities. Break tasks into smaller-sized chunks. Delegate as much as you possibly can. Remember you cannot get everything done in 1 day, and that's ok.

