

# DICKSON TAEKWONDO NEWS

www.dicksontaekwondo.com

615-446-5622



## October Birthdays!

John Baker – 4<sup>th</sup>  
Camden Bell – 4<sup>th</sup>  
Griffin Sadler – 12<sup>th</sup>  
Graison Cox – 12<sup>th</sup>  
Eimear Degnan – 13<sup>th</sup>  
Kali Jo Davidson – 16<sup>th</sup>  
Austin Hams – 17<sup>th</sup>  
Brandon Mochrie – 19<sup>th</sup>  
Emily Blount – 20<sup>th</sup>  
Ryan Howell – 27<sup>th</sup>  
Alex Howell – 29<sup>th</sup>



**Fall break is here, and Dickson Taekwondo will be holding a fun-filled day camp the first week! Not only will children be exposed to traditional martial arts classes, but lots of fun and educational field trips are planned as well! Check with Mr. Lewis for the complete schedule and to sign up!**

## Healthy Heart Tips

As we approach the eating season (Thanksgiving to New Year's), it is best to start a healthy eating regime early to counterattack any bad days you may have during the holidays. Here are some tips to stay heart healthy.

1. Eat a healthy diet.
  - Avoid binge eating by using moderation when eating those foods that aren't as healthy or, better yet, find healthy alternatives.
  - Reduce the amount of saturated fat and trans fat in your diet. Instead, when cooking and baking, choose mainly unsaturated fats (monounsaturated and polyunsaturated) found in canola oil, olive oil and soft, non-hydrogenated margarine made from these oils.
  - Get as much variety in your diet as possible. Choose plenty of whole grains and colorful fruits and vegetables more often as snacks.
2. Be active.
  - Try to get at least 30 minutes of moderately intense physical activity almost every day to maintain good health and to reduce the risk of developing heart disease.
  - Choose activities you enjoy, such as walking, gardening, martial arts or swimming, and incorporate them into your daily routine. Every step counts!
3. Watch your weight.
  - Take action to maintain a healthy weight. People who accumulate weight around their waist ("apple" shape) are at greater risk of heart disease than those who carry weight around their hips ("pear" shape). Your physician or registered dietitian can tell you what is a healthy weight and waist measurement for your body.
4. Be smoke-free.
  - Did you know that within one year of stopping smoking, your odds of developing heart disease could be cut in half? See your doctor for techniques to quit smoking.
5. Know the signs!
  - Even if you aren't at risk for heart disease, more than likely, someone you know is. Learn the signs and call 911 immediately if someone exhibits any of the symptoms.
6. Manage stress.
  - Stress can interfere with healthy habits such as exercising and eating well. Ensure that you have a range of stress-busting activities that work for you. These might include exercising, listening to soothing music, talking to someone you trust or simply have a good laugh with a friend.
7. Manage your blood pressure.
  - To get an accurate blood pressure reading, your doctor should evaluate your readings based on the average of two or more blood pressure readings taken while you are seated. If you have other health concerns, your doctor may be more aggressive in the treatment of your blood pressure reading.



## October Calendar

**Oct. 1<sup>st</sup>** – Testing @ 5:30

**Oct. 2<sup>nd</sup>** – Testing @ West Side

**Oct. 5<sup>th</sup> – 9<sup>th</sup>** – Fall Camp!

**Oct. 9<sup>th</sup>** – Come join in on the fun as we have our annual Fall Festival! We will roast hot dogs, bob for apples, and have a 3 legged race, tow sack race, hay ride, and more! Look for the food list being passed around.

**Pumpkin to Jack-O-Lantern**

Take the top off  
Take the bad ucky stuff out  
Put a candle in.

Let Jesus take the bad ucky stuff  
out of us and  
Put his light in us!