

JUE'S KB KORNER

April 2008



NANCY

COMMIT2FIT SUCCESS STORY

Goal: To get stronger, firmer and toned up

Result: Mile run - 10% improvement

Push-ups - 15% improvement

Mtn. Climbers - 69% improvement



I re-joined the cardio kickboxing class at Jue's TKD last fall. I had almost 20lbs to lose a lot of firming up to do. It had been about 10 years since I first joined. When I re-joined in late 2007, I decided to involve myself more fully in the various fun competitions that Grace Jue had developed. My first one mile run in many years was not a disaster but I was definitely carrying too much weight to feel my body move the way I knew it could. I stuck with the program and continued with the kickboxing classes (3-4 times per week). The results after the 3-month "Ultimate

Fitness Challenge" showed me that I had made good progress.

One thing that I really felt has helped me is the use of the Advocare products (no, this isn't an advertisement!), such as Catalyst, the meal replacement shakes and bars, the Metabolic Nutrition System (MNS) and ThermoPlus. I know that the vitamins in the MNS helped me curb enough of my appetite to stay focused on what I really needed to put into my body. Not only were the shakes and bars nutritious but they tasted great too!

I recently joined another local gym to add weight training to my regimen. I attended a nutrition seminar at that

Upcoming Events



Apr. 11th

4pm - 7pm Color Belt Test

Apr. 15th

Team Fitness Challenge

Final weigh in!

Apr. 19th

West Coast Open - Spring

Patterns and Sparring tournament to be held at Pleasanton Middle School

Application deadline: Apr. 15th

May 3rd

Utah Open

Location: Salt Lake City, Utah

May 9th

3pm - 8pm Robertson Martial Arts Photography

Sign up early for the best time slot - See Kate

Photo session is open to ALL TKD and KB students!

Jul. 10th - 11th

IIC Course and U.S. Nationals Tournament

Location: Ohio

NANCY'S STORY

gym just 2 weeks ago and the trainers who set it up encourage us to bring any supplements that we are taking so that they could check the ingredients and make suggestions. The nutritionist/trainer said that I could definitely stay with the Advocare products that I was using and was very impressed with the quality of the products.

I am in Grace's 2nd challenge currently taking place and my results are still improving. What I've lost in inches, pounds and body fat has been replaced with confidence, enthusiasm, endurance and pride.

At 59, not bad!

Editor's Note: Here are Nancy's stats at the end of the Ultimate Fitness Challenge:

Weight: -7lbs

Body Fat: -6.5%

Mile run: 11.28 to 10.17

1min. pushups: 26 to 30

1min. mtn. climbers: 73 to 123

of inches lost: 4.5"



NUTRITION KORNER



Omega-3 Update

Today's article written by Dr. Keen, member of the Advocare Scientific and Medical Advisory Board comes to us amidst continuing studies on the importance of omega-3 fatty acids.

First there is news of a current study in the [American Journal of Clinical Nutrition](#) - [New research](#) from the Child & Family Research Institute shows the typical North American diet of eating lots of meat and not much fish is deficient in omega-3 fatty acids and this may pose a risk to infant neurological development.

This discovery is an important step towards developing dietary fat guidelines for pregnant and breastfeeding women. "Omega 3 fatty acids are important for the baby's developing eyes and brain," says Dr. Sheila Innis, the study's principal investigator at the Child & Family Research Institute at BC Children's Hospital.

Next, Dr. Keen brings us the following information on the importance of omega-3's.

Is omega-3 docosahexaenoic acid (DHA), a key nutrient for a healthy mind?

Similar to vitamin B-12, there has been a considerable buzz recently in nutrition research circles over the potential role of DHA and brain health. Most recently, it has been reported that DHA can increase the production of a protein called LR11 (Ma et al. 2007). This is potentially a breakthrough of tremendous magnitude, as it has been suggested that the LR11 protein is involved in the regulation of some of the enzymes that are involved in the production of the beta amyloid plaques that contribute to the development of Alzheimer's disease (AD).

For the complete extract, go to <http://supplementalscience.wordpress.com/2008/03/24/omega-3-update-from-dr-keen/>



Contacting Jue's TKD

Policy for changes to Billing

We require 30 days written notice to make any changes to your billing. This includes change of credit card information and cancellation of month to month memberships. Prepaid memberships are non-refundable. Notices may be mailed to the studio at 5460 Sunol Boulevard, Ste. 8, Pleasanton, CA 94566 or sent via email to juestkd@mac.com.

Keep in Touch

If you would like to communicate with members of the studio, there are several clubs available --

<http://groups.yahoo.com/group/juestkdmember>

<http://groups.yahoo.com/group/advocare>

<http://sports.groups.yahoo.com/group/trivalleycycling>

Employment Opportunity

Recruiting manager for a billion dollar company is looking to build a team in the Northern California market. If you are an entrepreneurial individual who is looking to make a career change or need to supplement your income, contact Grace at teamjue@mac.com.