

KICKBOXING KORNER

December 2008



BY ADVOCARE '08

10 Reasons not to skimp on sleeping

As we approach the weekend of November 2, 2008 we begin to think about the infamous "spring forward - fall back" that signals the end of Daylight Savings Time in much of the USA. While we're setting about changing those clocks this is a good time to recognize why sleep is so important for our bodies. You may literally have to add it to your to-do list, but scheduling a good night's sleep could be one of the smartest health priorities you set. It's not just daytime drowsiness you risk when shortchanging yourself on your seven to eight hours.

Possible health consequences of getting too little or poor sleep can involve the cardiovascular, endocrine, immune, and nervous

systems. In addition to letting life get in the way of good sleep, between 50 and 70 million Americans suffer from a chronic sleep disorder-insomnia or sleep apnea, say-that affects daily functioning and impinges on health. Consider what research shows:

1. Less may mean more. For people who sleep under seven hours a night, the fewer zzzz's they get, the more obese they tend to be, according to a [2006 Institute of Medicine report](#). This may relate to the discovery that insufficient sleep appears to tip hunger hormones out of whack. Leptin, which suppresses appetite, is lowered; ghrelin,

Upcoming Events



Dec. 19th

International Pot Luck Holiday Party

5:30pm - 8pm - Sign up at studio

Winter Coat Drive collection

Dec. 24th

Xmas Eve - No classes after 1pm

Dec. 25th

Christmas - Studio Closed

Dec. 26th

9am KB class only-No TKD

Dec. 27th

9am KB class only-No TKD

Dec. 31st

New Years Eve - No classes after 1pm

Jan. 1st

New Years Day - Studio Closed

SLEEP (CONT'D)

- which stimulates appetite, gets a boost.
2. You're more apt to make bad food choices. A study published recently in the Journal of Clinical Sleep Medicine found that people with obstructive sleep apnea or other severely disordered breathing while asleep ate a diet higher in cholesterol, protein, total fat, and total saturated fat. Women were especially affected.
 3. Diabetes and impaired glucose tolerance, its precursor, may become more likely. A 2005 study published in the Archives of Internal Medicine found that people getting five or fewer hours of sleep each night were 2.5 times more likely to be diabetic, while those with six hours or fewer were 1.7 times more likely.
 4. Our heart's health is put at risk. A 2003 study found that heart attacks were 45 percent more likely in women who slept for five or fewer hours per night than in those who got more.
 5. Blood pressure may increase. Obstructive sleep apnea, for example, has been associated with chronically elevated daytime blood pressure, and the more severe the disorder, the more significant the hypertension, suggests the 2006 IOM report. Obesity plays a role in both disorders, so losing weight can ease associated health risks.
 6. Auto accidents rise. As stated in a 2007 report in the New England Journal of Medicine, nearly 20 percent of serious car crash injuries involve a sleepy driver-and that's independent of alcohol use.

To read the full version of this article, go to: <http://supplementalscience.wordpress.com/2008/10/30/10-reasons-not-to-skimp-on-sleep/>



Mix Up Your Workout with this Product Combo

Take one of AdvoCare's newest products, **Arginine Extreme**, and mix it with one of its most popular products, **Muscle Fuel**. Together, you'll get a boosted amount of arginine before a workout (4.5 grams, to be exact), which will help you increase endurance as you train. Whether you're hitting the free weights or taking a run down the freeway, the extra arginine will no doubt make a difference, as well as the many other key nutrients included in both products.

About 30 minutes before your workout, just mix a serving of Arginine Extreme with a serving of Muscle Fuel and chug it down. Most people really like the enhance flavor the combo creates.

For complete information on these two products, go to: www.advocare.com/061222



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 teamjue@mac.com.

Winter Coat Drive

As the winter season starts to near, we would like to remind you about our annual winter coat drive. Since this is the 6th year of collecting coats, and the winter is colder than ever, we are hoping to collect even more coats than the years before!

We have set a goal to collect 500 coats, and only you can help us reach that goal! Please join us in helping to make a difference in the life of others during this holiday season.

- Collect your coats, jackets, sweaters, sweatshirts, and toys of any size, shape, or color.
- The coats will go to local charities and shelters.

Thank you so much for your participation
In the Coat drive this winter season!

Sincerely,
Nicole & Derek Edgington

We will be accepting donations at our studio during our Holiday party on Dec. 19th.