

KICKBOXING KORNER

January 2009

Congratulations to the Winners of the 2008 Ultimate Fitness Challenge !

Men's Division - Bill Aston
Women's Division - Andrea Nares

Our January Fitness Challenge kicks off January 8th - 10th. Sign up at the studio to reserve your spot for the challenge!

Winners of the Ultimate Challenge!

Upcoming Events



Jan. 1 - Mar. 31

Win an iPod in 2009!

Refer your friends to either our amazing TKD program or our hard hitting KB classes and get into the running to win your very own iPod! See flyer at studio for full details.

Jan. 8th - 10th

Annual Fitness Challenge Kick Off!

Kick off your year with a bang! Whether your goal is to work out more, lose weight, or build more strength, join our annual 3 month challenge to stay the course!

Pick the kick off meeting to attend and to find out the parameters of the challenge:

Thurs, Jan. 8th at 8pm

Fri, Jan. 9th at 1pm

Sat, Jan. 10 at 10am

Last challenge, we had over \$500 in the pot for the winners. Grab your friends and join us for this fun annual event!

Jan. 16th

Color Belt Testing

Students who have their sign off card completed can turn it in the Monday prior to testing to schedule test time.

Jan. 19th

No 6am KB class. All other TKD and KB classes follow the normal schedule.

Dieting now makes you gain weight?

If it's January, then it must be time to diet, right? You've spent the past month at the buffet trough.

Now every time you turn on the TV news you're seeing that same person with a three-story midsection jiggling past, head discreetly out of the picture, an illustration of that same statistic: 63 percent of us reside in the fatosphere.

But maybe we're getting the wrong message here. Perhaps 2009 should be the Year of the Un-Diet. What if we finally settled what one researcher calls "the war with our bodies"?

"Dieting is the worst thing people can do if they're interested in weight control," said Linda Bacon, a nutrition professor and clinical psychotherapist in the East Bay whose book, "Health at Every Size,"

was published in November (BenBella Books). "Dieting seems the fastest way to gain weight."

Research has shown that dieting accomplishes the opposite of what you want, she said. It trains your body to conserve energy. If you starve yourself, your metabolism slows down and decreases the level of leptin, a hormone produced in the fat cells that is key to appetite control. With less leptin, you're hungrier. "It goads you to eat more," Bacon said.

Bodies have a "set weight" where they hover when people eat in response to normal hunger cues, she said. Eat more at one meal and your body will crave less at another. Dieting disrupts this.

DIETING (CONT'D)

Bacon's book and research have been embraced by the fat acceptance movement and those who work - as she does - with people who have eating disorders. But it's also reaching beyond. "It's an easy message for people to get behind," she said. "It transcends what your weight is, transcends the size spectrum. People are desperate. They're tired of self-denial and feeling bad about themselves. They are fed up with the diet industry and the pain of watching their weight all the time."

The subject is deeply personal to Bacon, who struggled with weight and self-image growing up. Like lots of young women, she thought she was too heavy. She lost weight only to gain it back.

"At one point it was too painful to me," she said. "I'm academically oriented, so the easiest way for me to tackle my problems was through studying."

After earning a master's degree in psychology she still thought about dieting. "I wanted to understand why I weighed what I weighed," she said. "I wanted to be a better dieter."

It was further study, a doctorate in physiology from UC Davis, that changed her perspective. She realized, she said, that everything she'd learned earlier was "not science."

She now has "a culturally acceptable body," but that's irrelevant, she said. The message is "lighten up and trust yourself" when you eat. Eat what you enjoy ("eat what's delicious" and stop when it's "only good"), learn about hunger (people eat less when they're moderately hungry than when they're starved) and don't make certain food off-limits. Above all, she advises, don't diet. --

Katherine Seligman is a frequent contributor to the magazine on health and psychology.

Reprinted from the SF Chronicle Magazine



[Hearing loss on the upswing- can nutrients be the answer?](#)

There's a rising trend in early hearing impairment due to exposure to mp3 players, loud music and environmental noise and millions of people in the USA - from troops returning from war to students with music blasting through headphones-are suffering from impairing noise-induced hearing loss. Last year the Department of Defense alone spent approximately \$1.5 billion in compensation for hearing impairment, and Veterans Affairs hospitals spent close to \$1 billion for clinical care and treatment of hearing impairment.

About 30 million Americans regularly experience hazardous noise levels at work and at home, according to the National Institute on Deafness and Communications Disorders. Hunting, snowmobiling, using machines such as leaf blowers, lawnmowers and power tools, and attending or playing in loud music concerts commonly expose people to dangerous noise levels. Noise levels above 85 decibels damage hearing.

The rising trend is something that researchers and physicians at the [University of Michigan Kresge Hearing Research Institute](#) are hoping to reverse, with a cocktail of vitamins and the mineral magnesium that has shown promise as a possible way to prevent hearing loss caused by loud noises. The nutrients were successful in laboratory tests, and now researchers are testing whether humans will benefit as well.

To view the full article, go to: <http://supplementalscience.wordpress.com/2009/01/02/hearing-loss-on-the-upswing-can-nutrients-be-the-answer/>

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 continues until 1/31

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

Editor's note: Nicole and Derek will continue their collection until the end of January. You can continue to drop off your donations at our studio until Jan. 31st!