



Chosun Academy
Newsletter

April 8th, 2013
Issue 10, Volume 2

Quiz: Fitness Fact or Fitness Fiction?



It's April, the relentless commitment to New Year's resolutions have gone by the wayside for many of us, so here's a quick quiz about the facts of fitness to combat the myths that abound. Even the most fitness-savvy can be duped by fitness fiction, and following outdated or unproven advice may keep you from getting the maximum benefit from your regimen.

Can you separate fitness fact from fitness fiction? Take this quiz to find out — and consider renewing your commitment to your fitness regimen.

Answer True or False to the following questions.

1. When you exercise, go for the intense burn in your muscles.
2. Aerobic exercise is all that really matters.
3. When you strength train you are likely to bulk up.
4. Exercising in the evening may make it difficult to sleep.
5. Exercise has to be strenuous to be beneficial.
6. You can eat whatever you want if you exercise enough.
7. Abdominal exercises will flatten your stomach.
8. Aerobic exercise permanently speeds up your metabolism.
9. Exercising daily will cause you to be exhausted.
10. The more you sweat, the more fat you'll lose.

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Check Out the
New Mural!



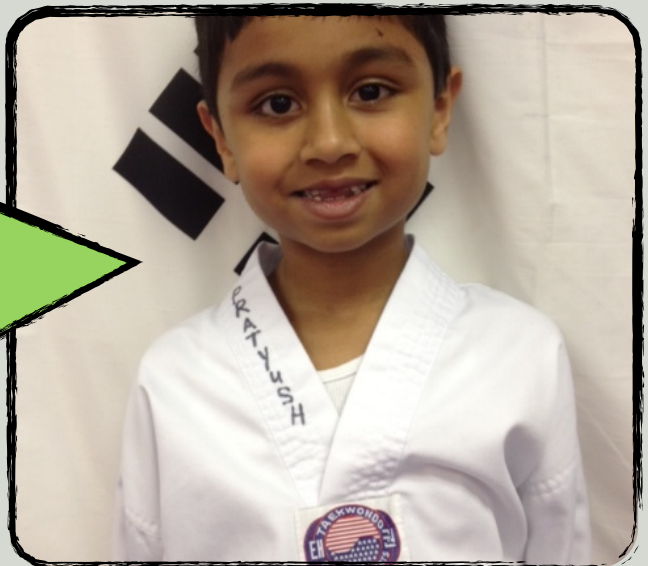
The new mural was unveiled at the belt ceremony on April 5th and WOW is it fantastic!

A special thanks to Audra Magermans-Cress and her crew on the creation of a truly exceptional addition to Chosun Black Belt Academy!

"The Chosun Ones" for April 2013



Student
of the Month:
Brian
Rodman!



Student
of the Month:
Pratyush
Joshi!

Congratulations to Brian and Pratyush! To learn more about our Students of the Month, check out our new Student of the Month board in the front lobby!

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The correct answer to EACH of the questions is ... FALSE! Read details for each question below.

1. "No pain, no gain"? Not true. Exercise doesn't need to hurt. A little muscle soreness when you do something new isn't unusual, but soreness doesn't equal pain. If it always hurts, you're probably pushing yourself too hard.
2. Aerobic exercise is important, but a balanced fitness program also includes strength training and stretching, as well as exercises to improve balance and stability. Martial arts is a great workout which integrates aerobic exercise, strength training, and flexibility.
3. If you simply want to improve your strength and muscle tone, don't worry about pumped-up muscles. Genetics and gender also affect your "bulk ability".
4. Regular exercise can actually help you fall asleep faster and deepen your sleep. The timing is up to you - but if you're having trouble sleeping, you might want to try late afternoon martial art workouts. If you exercise too close to bedtime, you might be too alert to drift off when it's time to go to sleep.
5. You don't have to push yourself to extremes to get the benefits of exercise. You can fit plenty of physical activity into your life by doing things you enjoy. Supplement your martial arts training with an occasional hike, bike ride, or swim. If you're short on time, take 10- minute activity breaks - think jumping jacks, brisk walks, running in place- throughout the day.
6. You deserve a reward for sticking to a workout routine, but eating with abandon isn't the answer. If you consume more calories than you burn in a day, you'll gain weight - no matter how much you exercise. Instead, strike a sensible balance between what you eat and how much you exercise.
7. Crunches and other ab exercises can help you strengthen your abs and improve your posture and abdominal muscle tone. But muscle is muscle and fat is fat. If you have excess abdominal fat, you won't be able to see your ab muscles, no matter how many crunches you do. To lose the fat - and show off those toned abs - you need to burn more calories than you consume.
8. Your metabolism - the rate at which you burn calories - speeds up while you're exercising, and perhaps for a short time afterward. But it doesn't stay that way all day. If you want to rev up your metabolism overall, supplement your martial art training with some light weight training. You'll build calorie- burning muscle while you're working off excess fat. Ask your instructor which strength training exercises will best complement your martial art training.
9. Regular exercise can actually leave you feeling energized and looking better, which may have a positive effect on your self confidence. But there's more to it than that, exercise improves your circulation, which can lead to a healthy glow.
10. The harder you work out, the more calories you'll burn - and the more fat you stand to lose. But how much you sweat is not a reliable indicator of how hard you're working, and any weight you lose through sweating is almost entirely water. The weight will return when you drink after your workout.

Happy
Birthday!!



Chosun Academy Birthdays!

APRIL BIRTHDAYS:

Ava Prochaska - 4/04
Krish Sharma - 4/04
Audra Magermans-Cress - 4/07
Ben Kamper - 4/10
Rachel Trapp - 4/10
Bridget Husnik - 4/11
Dave Gustitus - 4/14
Jack Dysland - 4/17
Dan Whiteaker - 4/21
Anna Schultz - 4/23
Jimmy Ho - 4/26
Jerryd Kolesari - 4/26

DATES TO REMEMBER!

Friday, April 12th -CHOSUN Marvelous Movie
Night

Saturday, May 4th -Test Prep 11:30am

Tuesday, May 7th -Testing Applications Due

Saturday, May 11th -TESTING

Friday, May 17th -Belt Ceremony 6:00pm

CHOSUN BBA



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