

TRUENEWS - OVERLAKE

The TRUE way of the warrior is honor, strength, and love.

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Hydration

Helen Zhang

As summer steps in, we take out our sunglasses and sunscreen to match the changing weather and take care of our eyes and skin. However, many of us are not so conscious of the need to drink more water. Water is always vital to our bodies, but the heat of the coming months means that we especially need to pay attention to how much we hydrate. I remember one summer a student fainted in class after having gone most of the day on only a cup or so of water. Dehydration creates additional fatigue and stress on bodies, and in later stages headaches and cramps. Furthermore, while thirst usually tells us when we should drink more water, exercise tends to blunt the thirst mechanism¹. This makes it especially important to remember to drink enough water on a regular basis, before getting dehydrated.

So just how much water is enough? You've probably heard the 8x8 rule: drink 8, 8-ounce glasses of water a day. It turns out that this isn't really accurate. Different individuals have different weights and different exercise levels. We live in different climates. Pregnancy, illness, and many other factors all influence the amount of water one should drink. Several 'hydration calculators' exist online to help find the specific suggest amount of liquid consumption for your circumstances. Playing around with a couple of these, I found there are a few typical rules used to find this suggested number. To begin, take your weight in pounds and divide by two. This number in ounces should be your minimum daily liquid consumption. The heat of summer adds an extra 16 ounces. Add another 16 ounces for each hour of moderate exercise. Voila – a rough estimate for how much liquid you should consume daily.

I know that 'should' is easier said than done. But just paying a little attention to keeping yourself hydrated can help a lot. Already, the food we eat already contains about 20% of our needed daily liquid consumption. All liquids we drink, not just water, help our bodies stay more hydrated – so that glass of juice in the morning or with lunch counts too. Keeping a bottle on you between meals makes water easily available and easier to remember too. It's important to stay hydrated – so as you go about your summer with a mental checklist of things to do, keep a space on there for simply 'drink water'.

¹<http://www.webmd.com/food-recipes/features/quest-for-hydration?page=2>

<http://www.hydracoach.com/calculation/>

<http://nutrition.about.com/library/blwatercalculator.htm>

Upcoming Activities for July/August

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| July 4th | Independence Day, TMA Closed |
| July 6th | Breaking Seminar, 6:30 pm (no make up class) |
| July 7th | Arnis Seminar, 10:00 am (no make up class) |
| July 14th | Friendship Camp with NWSMA |
| July 16th – 20th | Full Day Summer Camp, 9:30 am – 2:30 pm |
| July 27th | Tae Kwon Do Test, 6:30 pm (no make up class) |
| Aug 4th | Arnis Seminar, 10:00 am (no make up class) |
| Aug 6th – 10th | Full Day Summer Camp (BBC only), 9:30 am – 2:30 pm |
| Aug 24th | Tae Kwon Do Test, 6:30 pm (no make up class) |
| Aug 26th | TMA Picnic at Perrigo Park, 11:00 am – 2:00 pm |
| Aug 27th – Aug 31st | Half-day Summer Camp, 9:30 am – 12:30 pm |

NOTABLES

CONGRATULATIONS STUDENT OF THE MONTH – EVAN SPANGLER

Evan is a brown belt student who has been training for four years. He always brings energy and humor with him to class. Over the last several months, Evan has shown real growth in his patience, motivation, and leadership. Keep up the good work, Evan!

Welcome to the Black Belt Club

Ryan Boparai, Ben Green, Spencer Jarrard, Siddarth Shankar, Genevieve Spangler, Aarav Srivastava, and Advaii Srivastava

Welcome Our Newest Students

Lakshanya Balaji, Laasyasri Bhashetty, Elsie Ching, Deethya Kancha, Lohith Thimmichetty, and Tanush Thimmichetty

Arnis Promotions for June

Yellow Belt: Hemanth Kambhampati, David Rieman, Denise Rieman, and Jodi Rieman

Green Belt: Ethan Farmer, Sanskar Gupta, and Sanskriti Gupta

Blue Belt: Anqi Liang

Brown Belt: Simon Mullins

Tae Kwon Do Promotions for June

Adv White Belt: Chantal Bissonnette, Weston Fiendell, Nathan Haile, Hansika Kathiravan, Ryder Kwong, Aradhya Neelapala, Benjamin Paris, Beck Robertson, Riddhi Sangani, Sakshi Sangani, Vrinda Sankarakumar, and Elijah Vinu

Yellow Belt: Amish Bankuru, Laura Ittner, and Sam Ittner

Adv Yellow Belt: Carson Chandler, David Rieman, and Jodi Rieman

Green Belt: Tiernan Conklin

Adv Green Belt: Myles Johnson, Vasudha Sundaravaradan, Ivan Tarapov

Blue Belt: Spencer Jarrard, Kyra Mohr, and Niyathi Ventrapragada

Adv Blue: Gavin Cooper

Brown: Mayukha (GuneGune) Kannadaguli

Adv Brown: Chris Spangler

July Training Anniversaries

One Year: Sanskar Gupta, Sanskriti Gupta, Arya Kiran, Omkar Page, Advaii Srivastava, and Maria Tarapova

Two Years: Shankar Regunathan and Ivan Tarapov

Three Years: Bhuvan Gajarla, Shreyas Pai, and Ronak Singh

Four Years: Evan Spangler and Harry Yang

Five Years: Rishit Behera

Seven Years: Lisa Owen

Nine Years: Barbara Espinoza and Kristiina Tulleau

Ten Years: Veeral Goradia

Eleven Years: Tyler Hammond and Chelsea Wessling

July Birthdays

Achintya Agrawal, Cody Becker, Rishit Behera, Rachel Benincasa, Laasyasri Bhashetty, Jonah Byther, Weston Fiendell, Sam Ittner, Omkar Page, Ronak Singh, YuJun Sun, Rahul Sundaresan, Cynthia Wessling, and Harry Yang

We apologize if any of the above information is incorrect. Please submit corrections, in writing, at the front desk.