



Martial Arts - The Healthy Way

There comes a time in our lives where we all strive to continue living the healthy way. Many martial artists as they grow older start to lose interest in practicing the arts. Daily exercise, low self esteem, lack of good food, sleep and start to drift away from the necessary daily exercise possibly due to exhaustion of routine of life that start to get bored to do the same things everyday over and over especially the family man who start to think that work and family comes first. That is true but with our healthy mind and taking care of our bodies none of our wealth, family, finance, children and etc., will be important and more because we just cant manage it. Everything starts to fall apart and out of control. Like a car, if we don't maintain it and service it as needed it will not perform properly.

As editor of Budo Martial Arts Magazine and world champion I get invited to many functions, martial arts events, hall of fames, championships and etc I get to see some of my colle-

agues, masters and competitors and believe me I don't like to see how some of them look. They don't take care of themselves. I do make comments about how they appear to me so poorly and they change their life immediately, go on diet as well as see a doctor who can advise on new routine of the healthy way. If we relate these comments to our real daily life it is true that in our nature as humans and martial artists we get tired of doing the same thing everyday. So what we can do about it "just don't give up" and start to energize our mind with the beautiful experiences and memories that made our involvement in martial arts to be our ultimate goal to stay healthy and become the most successful dream of a life time. So how can we start. Hear are some tips to overcome stress, depression, low esteem, fight life's struggle and get back, take charge of your life:-

1. Always reach out to your old friends and family when you get invited to a martial arts event go and attend even if you are not invited, get involved and find out how you can get involved. There you will have a chan-

ce to see your old friends, children, family members, mingle, exchange ideas, talk about anything. Find out what is new, who is doing what in the martial arts world. As time go along you will be getting interested in energizing yourself as a willing person people will support you and help you to a successful healthy way.

2. If first attempt at changing your ways for a better way don't work try and try again, remember your successful moments in martial arts training or even those wins in tournaments, championships how determination, strong will of power open the doors for you to win and win again. Don't give up on yourself, you are the one who has the inner power to change for better and long healthy life. You become who you want to be. Think positive.

3. Refresh your memory by reviewing your life time achievements on personal basis and martial arts success. Look at old videos and pictures of yourself from different stages of your life, it will help you energize yourself for the better person that you want

to be. This will be the better person that you want to be. This will be a key of liking yourself again and start taking charge of your life for healthy life.

4. Don't forget to visit your doctor as required for your yearly complete check up. Most of all and very important if you feel good don't take too long to visit your doctor because one thing can lead to another. Remember we are only humans and many things can go wrong with our health without any symptoms what so ever when visiting your Doctor get ready for "good news," and bad news, take it as it is and deal with it, do what you are advised to do and don't be negligent nor arrogant (no one lives like superman or forever) take care of your health that is the key of life, without the key you can't start your engine (same thing with a car).

5. Lets Eat Healthy
From my experience of meeting and working with many doctors from my architecture business as well as my involvement in martial arts over the years I get to mingle and make friends with the doctors on a personal level. This way I get advise on how to manage a healthy life.

Lets start on our food consumption and daily exercise. In order to reduce stress, prevent heart problems and

cancer, look younger, stay in shape for tomorrow and the day after. Every day start with 5 minute stretching exercise, eat breakfast the healthy way, cut sugar. Eat oatmeal and eggs to boosts your metabolism. Mid morning - snack on berries to starve cancer cells. They also help prevent ramp from forming which will reduce oxidant stress. By lunch time take a walk or go up and down the stairs for 10 minutes which will loose muscles mass. Take a walk outdoors to enrich your vitamin D or take vitamin D3 capsules daily by giving time - eat fish at least twice to three times a week. Only fish such as salmon, tuna, even sardines - all have Omega 3 that will help you with memory loss. As we get older, these food will keep your brain young. You should reduce fatty food in order to avoid Alzheimer's. Many researchers around the world in their studies found out that having sex at least twice a week might help to live longer. At dinner time you can set the mood with a glass of red wine which contain reeveratrol that help fight heart disease. Before you go to bed relax yourself from a stressful day by reading a book. Watch the news on tv or even listen to relaxing music. These elements will help you to prepare for a good night's sleep. You need a least 7 to 8 hours of sleep at nights. While sleeping control your mind from disturbance and tos-

ing in bed too much. Don't fight your natural cycle. When it comes to do things right and help yourself to stay young and healthy you should sign up to a gym and workout with other participants, it helps your moral and self esteem to try harder and "just do it." That is why martial arts schools and aerobics, yoga, zomba, taebo, calestnic, taichi programs are the best programs because you get the opportunity to work out in groups. Now you can't skip or miss any part of the program. You keep trying the workout program until you get it right. When you look good and keep the extra pounds off your body, people will always compliment you by first saying to you in your face "you look great!" These words are the key elements to staying young and taking care of yourself for your friends and family. All the best.

By Grand Master Maurice Elmalem
World Champion. Author. Producer.
Editor

