



Kid Kick Newsletter

Physical Fitness — Good physical condition; being in shape or in condition.

There are many ways physical fitness is good for us, including helping us sleep better, learn easier, and stay healthier. This life skill is not just for kids, but is for everyone. And, don't forget — it's fun! Exercise can be formal, like martial arts classes, or informal, like riding a bike to school. All exercise counts towards helping you stay physically fit.

List four more things you do to get your heart pumping.

1. Martial arts!
2. _____
3. _____
4. _____
5. _____

Joke:

What kind of tooth is worth a dollar?

A Buck Tooth!

Why can't a nose be 12" long?

Because then it would be a foot!



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Did You Know?

When you learn new things, you are actually exercising your brain! Here are some fun facts you can learn to keep your brain fit; share them with your family and friends.

Four-thousand-year-old noodles were discovered in ancient ruins in China.

About one-quarter of the body's bones are in the feet. That's 52 out of more than 200!

Noseprints can be used to identify dogs, just like humans' fingerprints.

It's impossible to breathe and swallow at the same time.

Astronauts can't whistle on the moon.

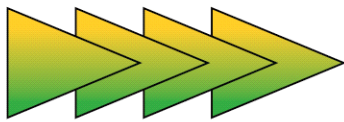
There are 294 different ways to make change for a dollar bill.

Your skeleton has about 300 bones when you are born, but only 206 when you grow up.

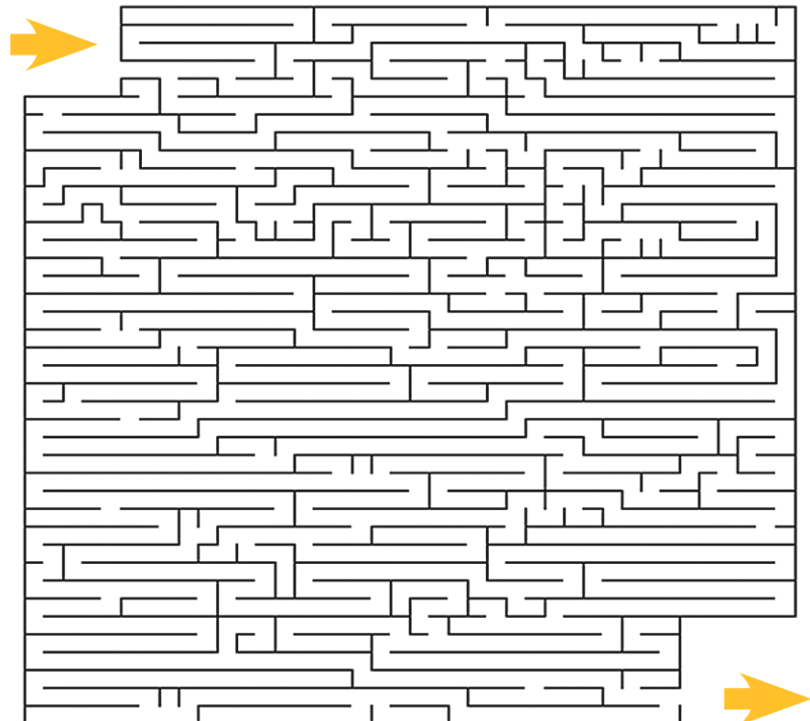
A cloud can weigh more than a million pounds.

It's impossible to sink in the Dead Sea.

Bamboo can grow about an inch in one hour.



BRAIN EXERCISE



List The Martial Arts Moves
That Help Keep You In Shape



1 _____

2 _____

3 _____

4 _____

5 _____

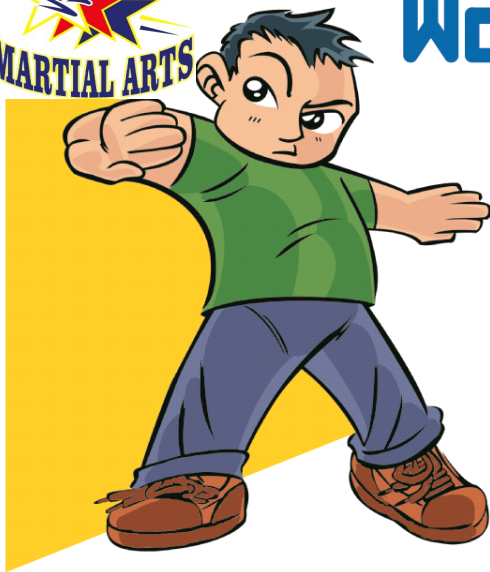
6 _____

7 _____

8 _____

9 _____

10 _____



Word to Remember

pinnacle (noun) \PIN-ih-kul: 1. A slender tower generally coming to a point at the top. 2. A high pointed peak. 3. The highest point of achievement or development.

Example: Earning his black belt was the pinnacle of my instructor's training.

Origin: Middle English *pinacle*; from Anglo-French; from Late Latin, *pinna*, small wing, gable; from Latin, *pinna*, wing, battlement. First known use: 14th Century

Wise quote

A lot of people give up just before they're about to make it. You know, you never know when that next obstacle is going to be the last one.

—Chuck Norris

WORD SEARCH

- ACHIEVEMENT
- BLACK BELT
- BREATHE
- FIT
- HEART
- MARTIAL ARTS
- OBSTACLE
- SKELETON
- BAMBOO
- BONES
- CLOUD
- FITNESS
- IMPOSSIBLE
- NOODLES
- PINNACLE
- SWALLOW
- BIKE
- BRAIN
- EXERCISE
- HEALTHIER
- LIFE SKILL
- NOSE PRINT
- SINK

I	B	O	O	W	O	L	L	A	W	S	K	Z	B	E
M	F	I	T	N	E	S	S	R	T	N	Z	R	S	K
P	S	J	V	X	B	X	L	R	I	N	E	G	Q	I
O	M	Z	M	N	F	Z	A	S	Q	A	W	B	W	B
S	L	E	G	Z	O	L	E	D	T	K	A	B	A	B
S	F	I	T	R	A	S	W	H	K	L	R	R	L	E
I	A	C	H	I	E	V	E	M	E	N	T	A	N	S
B	F	P	T	O	B	I	P	P	N	E	C	I	O	I
L	A	R	X	O	B	C	H	O	R	K	K	N	O	C
E	A	M	N	X	P	S	T	T	B	I	Q	E	D	R
M	Z	E	B	U	H	E	T	E	L	T	N	T	L	E
T	S	D	U	O	L	C	L	A	B	A	R	T	E	X
X	A	V	O	E	O	T	M	J	C	X	E	A	S	E
L	L	I	K	S	E	F	I	L	X	L	S	H	E	U
H	D	S	P	I	N	N	A	C	L	E	E	H	V	H