

# Black Belt EXCELLENCE



## June on Fitness

### Memory Verse:

*"All athletes are disciplined in their training. They do it to win a prize that will fade away but we do it for an eternal prize."*

**1 Corinthians 9:25**

This month we are talking about fitness. The health of young students in the United States is declining. About 20% of children and teens aged 6-19 are obese, driven largely by insufficient physical activity. The average U.S. child gets less than 20 minutes of exercise daily, well below the recommended 60 minutes a day. Meanwhile, kids spend over 15 hours per week on screens such as TV, streaming, and social media, not to mention the countless hours on video games. This sedentary or inactive behavior linked to chronic conditions like type 3 diabetes and high blood pressure.

Around 40% of children aged 5-8 show at least one sign of heart disease risk, like high "bad" cholesterol or elevated blood pressure. Inactive kids have higher body weight and blood pressure compared to active ones. Studies show a clear link between increased screen time and higher body fat. Sedentary or inactive habits are harming kids health but regular exercise combined with a balanced diet can foster a healthier lifestyle and reduce these risks.

Karate is not just a martial art but a full body workout that develops strength, flexibility, endurance, coordination and mental focus. In addition, karate is good for cardio, balance, weight management, agility and reaction time making it a comprehensive form of fitness.

This month my son/daughter or student has demonstrated both at home and at school those qualities of responsibility required by our school for students seeking to earn the *Black Belt Excellence Stripe*.

**First Name** \_\_\_\_\_

**Last Name** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent Signature** \_\_\_\_\_

**Date Signed by Instructor** \_\_\_\_\_

### 6 Requirements of the Stripe of Excellence

- ◆ Black Belt Excellence behavior at home
- ◆ Black Belt Excellence behavior and passing grades at school
- ◆ Overall performance and attendance at the karate school
- ◆ Completion of the monthly Black Belt Excellence activity sheet and assignment
- ◆ Returning the Black Belt Excellence sheet when due
- ◆ Returning the Excellence sheet on time, qualifies you for student of the month and belt testing

Return your BBE Sheet to an instructor at the beginning of class to receive your black stripe.

**Due by June 25-26**

## Circle if the following statements about Fitness is True or False?

Studies have indicated a direct correlation between hours of TV watched and a child's body fat. True or False

Kids that have fit parents will be fit kids. True or False

It is not as important which activity you use for exercise, it is that you get enough of the proper types of exercise. True or False

Currently 25% of 6-19 year old children & teens are overweight. True or False

A person can eat whatever they want as long as they exercise. True or False

Bodies develop stronger muscles as the result of anaerobic exercise. True or False

To improve health and burn fat, people should exercise 20 to 30 minutes once a week. True or False

## Aerobic or Anaerobic

From the Pictures below circle which is an Aerobic or Anaerobic exercise?

Remember:

**Aerobic exercise** burns fat. Aerobic exercise involves increased breathing and elevated heart rate over an extended period of time.

**Anaerobic exercise** involves short bursts of exertion followed by periods of rest. Bodies develop stronger muscles as the result of anaerobic exercise.



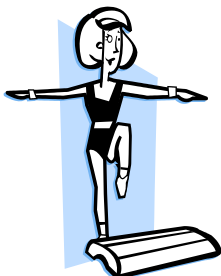
Aerobic or Anaerobic



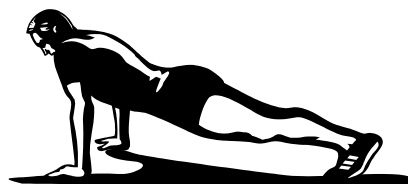
Aerobic or Anaerobic



Aerobic or Anaerobic



Aerobic or Anaerobic



Aerobic or Anaerobic



Aerobic or Anaerobic