

Calling all couch potatoes - time to register for fall activities



Worried about what your kids are doing after school?

Extracurriculars could improve school performance

Parents and students looking for better grades and classroom performance may want to look to extracurricular activities. There's evidence that some after-school activities can actually help promote better results inside of the classroom — even helping to mediate symptoms of Attention Deficit Hyperactivity Disorder.

Activities like sports, band, cheerleading, martial arts, among other extracurricular events, can promote good feelings about school and offer lessons that carry over into the classroom environment, helping students become more successful. Studies show students who participate in co-curricular activities are three times more likely to have better grades than students who do not participate in co-curricular activities.

Extracurricular activities also may be able to correct behaviours associated with

boisterous children or those who have been diagnosed with a clinical medical condition, such as ADHD. In a study titled, "The Effects of Mixed Martial Arts on Behaviour of Male Children with Attention Deficit Hyperactivity Disorder," researchers found that a martial arts program two times per week helped increase the percentage of completed homework, frequency of following specific classroom rules, improved academic performance and improved classroom preparation of male children ages 8 to 11 with ADHD.

There is also evidence that simple physical activity can promote better opportunities for learning. Physically active youths tend to show improved attributes like increased brain function and nourishment, higher energy/concentration levels, increased self-esteem, and better behaviour, each of which can help a student perform better in the classroom.

Beyond this, there are many ways that extracurricular activities can support improvements in the classroom.

• Most activities promote physical stamina and patience.

• Students develop self-esteem and good relationships.

• Students are able to apply theories learned in the classroom in a real-world context.

• A healthy measure of competition is developed.

• Students learn to value teamwork and achieve a goal through common values.

• Children are able to exert energy in a constructive way.

• Extracurricular promote good attendance and participation in order to excel.

• Students learn self-motivation.

• Students can realize success that is not measured by test scores.

• Many extracurricular activities have a basis in rules that can keep students in check.

It's important to note that, in some instances, too much of a good thing may be detrimental. If a student is so busy with a packed schedule of extracurricular activities, he or she may actually fall behind in school work. Therefore, it's vital to keep a balance so that students can successfully manage what goes on inside of school and outside of school.



Steps to a healthier and happy lifestyle

A change in the season is a goof time to make changes towards a healthier lifestyle. Simply dropping a few pounds can boost your confidence, help you feel better physically and prevent some of the illnesses associated with obesity, such as heart disease, stroke and some cancers.

So how do you get on the healthy track? Follow these tips for success.

• Modify your diet to include more lean protein, fruits and vegetables. The goal should be to eat these foods at every meal. They're a smart way to fill up without consuming excess calories. Plus, they're full of the fuel your body needs to be healthy.

• Keep a food diary. A food diary can make you more aware of what you are consuming on a daily basis and where you may need to scale back. Studies have indicated that those who write down what they eat in a journal tend to lose more weight than those who don't.

• Stay hydrated. You should aim to drink eight glasses of water per day for optimal health. Drinking water is also a good way to feel full without doing unnecessary snacking.

• Make exercise fun. Vary your activities and have a friend join you in your exercise routine. If exercise is fun, you're more likely to stick with it.

• Indulgences are okay once in a while. If you deprive yourself of your favourite foods all of the time, you will have a greater craving for them. Therefore, have that dessert or special meal on occasion. Just don't overdo it all of the time.

Simple solutions to boost energy

Increasing daily energy levels is a goal for many men and women, and many are increasingly looking to energy drinks or highly caffeinated beverages like coffee to get the job done, while others are fearful that such beverages, though effective at improving energy levels, could have an adverse effect on their overall health.

For those who feel ener-

gy drinks or another cup of coffee is not the ideal solution to increasing their energy levels, consider the following tips.

• Exercise. While it might seem counterintuitive to exercise if you're feeling fatigued, that fatigue might very well be a result of lack of exercise. Daily exercise helps increase energy levels and improve mood. Something as simple as taking a walk during a lunch break can vastly improve energy levels.

• Drink plenty of water. Dehydration can make people feel lethargic. Drinking the recommended daily amount of water can boost energy levels, especially after a workout when the body often craves fluids.

• Carefully monitor sugar intake. Sweet foods with lots of sugar will provide an initial energy boost. However, that boost is fleeting, and blood sugar levels will rapidly drop

after it. Instead of sugary snacks, select whole grain foods, which slowly and steadily increase the body's energy levels.

• Check magnesium levels. Constant feelings of fatigue could be indicative of a magnesium deficiency. Studies have shown that women with magnesium deficiencies expend more energy to do physical tasks than they did when their magnesium levels were restored. Almonds, hazelnuts and cashews are good sources of magnesium, as are whole grains and fish.

• Don't skip meals. Exhausted or fatigued men and women are often busy at work, which commonly results in missed meals. Skipping meals, according to studies published in the journal *Nutritional Health* revealed, leads to greater feelings of fatigue by day's end. Make eating all your meals a priority, and energy levels are likely to improve.

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ARE YOU THE NEXT MISS ACTON FALL FAIR?

The Acton Agricultural Society is now accepting entries for the **2011 Miss Acton Fall Fair Pageant** Friday, September 16, 2011, at 8:00 p.m.

at the **Dufferin Rural Heritage Community Centre** in Prospect Park.

If you are between the ages of 16 and 22, attend Acton High School or live in Acton, Limehouse, Ballinafad or Rockwood areas, you are invited to be a Contestant!!!

More information is available at Blooms Away Flower Shop, www.actonfair.ca or Email: missactonfallfair@hotmail.com

CONTESTANTS MUST BE AVAILABLE WED. & THURS @ 7 p.m.
Deadline for entries is 9 p.m., Friday, September 9, 2011

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Wednesday evenings - MMA/Boxing Style Class - 8-9pm - Skipping Class 9:15-9:45pm
Thursday evenings - Weekly Surprise Class (find out your workout when you arrive) - 8-9pm
Registration starts week of September 6th (Monday classes September 12th)
 Call or e-mail to sign up. spaces limited so call soon.
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 for the **ACTON FALL FAIR 2010 PARADE**
September 17th 11am line up on ACTON BLVD and 12 noon start proceeding along Mill St.
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