



Triunity News

VOLUME 1, ISSUE 3

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DID YOU KNOW...

That Triunity Martial Arts was voted the **BEST MARTIAL ARTS SCHOOL** for 2009?



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Put a little **SPRING** into your workout!

Spring has sprung at Triunity and we are excited to see the flowers blooming as well as so many new faces taking part in all of the different programs we have available. It is very rewarding for us to see people take control of their health and make the decision to sign-up for a workout routine that best suits their needs. Good for all of you!

And speaking of controlling your health, we are completely wound up about our new nutrition program available through Triunity. **Triunity Nutrition** took off in the later part of February first by offering free Nutrilite trim spa kits to a few of our clients through a random draw. After being on the program for 3 weeks, I am elated to report that a combined total of 25 lbs has been lost so far!

The one-month challenge began for 4 lucky participants from our Cardio Kickboxing classes and the results are beyond fantastic! I am so proud of each and every one of you for achieving such great success and am with you

every step of the way to support and motivate you to reach your fitness and weight loss goals.

To find out more about **Triunity Nutrition**, read all about it on page 3 or go to www.triunitynutrition.com for more details.



Mitra Castano
(Owner / Operator)

Another highlight I would like to focus on is our ever-expanding **Wellness Center**. Besides offering a balanced nutrition program, we are also very proud to host **Facial Attraction Mobile Skincare**. Most of you may know our very own Helen Boyle as my 'right-hand-woman' (as

Sensei is my 'right-hand-man'), but did you know Helen is also a certified skin therapist? You can find out more about Helen's incredible services on page 2 and book an appointment. I guarantee, you will not be disappointed!

Besides the longer days of sunlight and cherry blossoms the joy of spring brings, it also provides us with a renewed sense of energy. It revitalizes us and signals us to 'get sprung!'

Don't take root and dwell on the "I cannot do it" statements of life, but rather focus on feeling the rays of sunshine on your face and realizing you CAN.

Growing into yourself is a lifelong journey. We are learning every day of our lives and without taking charge of our health and living the best lives imaginable, we simply are - not living.

Thanks again to all of you for your continued support and for making the choice to become part of my extended family! :)

THE TRIUNITY FAMILY

Happy Spring Everyone!

BRING A FRIEND FOR FREE!

"BRING A FRIEND FOR FREE"

every second Saturday to Bootcamp classes only.

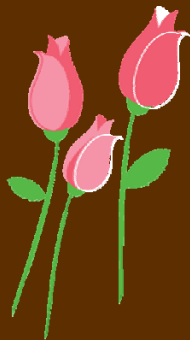
limited time only



Sensei Ivan

“The most important thing about having goals is having one”.

-Geoffrey F. Abert



Sensei says...

We’ve all heard the term **“attitude is everything.”** But hearing it isn’t enough. Taking charge and making the move toward a positive attitude is the key.

We all have a choice. We can choose an inner dialogue of self-encouragement and self-motivation, or we can choose one of self-defeat and self-pity. It’s a power we all have.

Each of us encounters hard times, hurt feelings, heartache, and physical and emotional pain. The key is to realize it’s

not what happens to you that matters; it’s how you choose to respond.

The loudest and most influential voice you hear is your own inner voice, your self-critic. It can work for or against you, depending on the messages you allow. It can be optimistic or pessimistic. It can wear you down or cheer you on. You control the sender and the receiver, but only if you take responsibility for and control over your inner conversation.

This means you have the

power to change your attitude. You decide how to react to situations. You conclude how it feels at the end of the day to smile and encourage yourself that you did a great job or to sit in self-pity, ready to quit what you started.

A positive attitude **IS** everything and will help you achieve the goals you set for yourself.

Attitudes are contagious. Make sure yours is positive and worth catching.

HELEN BOYLE

LOVES the skin you’re in (and so should you!)

It’s our largest organ. It covers us head-to-toe. Yet most of us tend to take it for granted, assuming it will always be there, and most often, it is left neglected.

Drawing on over 20 years experience working as a biologist, medical bio-chemist and medically trained Skin Therapist, Helen is a passionate advocate of Skin Health.

Her desire to promote and treat healthy skin is as clear as “the skin on her face!!” Helen’s delightful, joyful and professional, pleasant demeanor is so welcoming, not only at the front counter of Triunity, but her number one job as operator and owner of **Facial Attraction Mobile Skin Care**.

Working with a cosmetic doctor for several years as an assistant, Helen grew to know the fundamentals of skin care and the importance of maintaining healthy and vibrant looking skin.

Her expertise and knowledge as well as her tremendous gift of servicing the public brought forth an opportunity for Helen to open up her own business and move forward with mobile skin care. This allows Helen to treat her clients in the sanctity and private setting of their own home.

Helen is available for a consultation and will provide you with the answers you need to better take care of the skin you're in. She is also available for corporate seminars or Lunch n’ Learn sessions.



Contact Helen to book your skin therapy appointment or on-site seminar!



FABULOUS SKIN CARE AT YOUR DOORSTEP!
www.facialattractionmobileskincare.com

Nuttin' Nutty about Nutrition!



It's another "**first**" for Triunity and we are extremely thrilled to introduce our highly acclaimed nutrition program - **Nutriline**. A completely balanced nutritional program to maximize your health and fitness level!

The **Nutriline Health Institute** recognizes the importance of optimal health – aiming for the very best health and wellness we can expect to achieve throughout our lives. Research has shown that a healthy lifestyle and good nutrition are two important factors to achieving optimal health.

Research also tells us that almost everyone can benefit from supplementation – because you may still lack optimal amounts of vitamins and minerals, as well as important plant compounds. Optimal health does not mean perfect health. Optimal health means adapting known inherited health risks and your current lifestyle to make the personal choices necessary to live your life as healthy as possible.

Visit
www.triunitynutrition.com
 to get started
 on your program
 today!

- **Nutrition & Supplementation** – Do you eat a balanced diet, including whole grains, fruits, vegetables, and lean proteins? Do you know which supplements are recommended for your type of diet?
- **Lifestyle** – Have you adopted healthy lifestyle habits, such as exercising? Do you smoke?
- **Rest & Relaxation** – Do you get sufficient sleep on a regular basis? Do you run to the nearest sweet shop when you are stressed? Or, have you learned relaxation techniques?
- **Genetics** – Does high blood pressure or cancer run in your family?

While you cannot change your genetic makeup, you can modify your lifestyle in your quest for optimal health.

1. Adopt a healthier diet.
2. Quit smoking.
3. Increase your exercise.
4. Maintain a proper weight.
5. See your health care professional regularly.

Nutrition and the pursuit of optimal health are at the heart of the NUTRILITE™ brand.

INGREDIENTS

- 1 banana, peeled and sliced in half, lengthwise
- 1 T. natural peanut butter (creamy or crunchy)
- 1/2 teaspoon of cinnamon
- 1/2 cup vanilla yogurt

PREPARATION

1. On a microwave-safe plate, spread banana slices with peanut butter and sprinkle with cinnamon
2. Cover with paper towel
3. Microwave 15 - 45 seconds, until banana is cooked and peanut butter is melted
4. Top with vanilla yogurt and serve immediately

Peanut Butter Banana Dream!

Recipe from Nutriline Trim Body System

162 calories!





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www.triunitymartialarts.com

Triunity Martial Arts is built on a foundation of trust, leadership and quality trained instructors. We are here to encourage, support and ensure you get the best teaching available along with an incredible workout.

We operate a safe environment for all our classes and our main goal is helping you in achieving YOUR goals.

Together we can make it possible! Thanks for being a part of Triunity !

Phone: 778-578-0088

E-mail: triunitymartialarts@telus.net

“The Art within your heart.”

Motivation MATTERS!

How do your friends get motivated? Your mother or father? Brother or sister? Children? Motivation is a favorite meal: they may be different for us all, but we've all got one.

Everyone has their own particular methods for getting motivated or excited or pumped up or inspired. Some are aware of it. Others are not, but it's there just the same. And by asking around to see how those close to you ignite their drive, you can often gather together more than a handful of tips and ideas that may also work for you.

We can all help each other to get motivated and inspired, and it all begins with a question--what drives you?

While driving home the other night I saw two women walking together. I should say power walking. I see them often, chatting away as their bodies work off calories and their minds work off worries.

They made me realize, as I scooted past, that working out with a friend is the perfect antidote to all the complaints people have about exercise.

"It's boring."

"It takes forever."

"It hurts."

Boring? Those women were having a wonderful time together. Talking, laughing, listening--they were anything but bored.

Too long? You know what they say about time flying and fun. Although it's true that exercising alone can slow time to a crawl--why can't that maddening minute hand get a move on!--but when you're with a friend, it whips by without you noticing.

It's a distraction of the best kind, taking your mind off the minutes while your body gets its workout.

Painful? This is another case where distraction pays off. My friend trained for a marathon a few years ago, often running alone. The hills killed. They shot pains into her body that would have made Hercules wince. When I went with her, however, the pain wasn't as bad. The hills were still a sworn enemy, but they didn't stab with the same intensity.



Because she had other things to focus on, the pain was pushed to the back of her mind.

These benefits alone make an easy sell, but they don't touch the greatest benefit. When you ask a friend to join you, you automatically create a support system. When you're not feeling up to it, he or she is there to drive you on. When your friend is putting it off, you can step in and fight for the cause.

If you're not motivated, no amount of advice can help you live a healthier life. It takes more than ideas; you have to follow through on what you learn.

NEXT ISSUE: KEEPING IT REAL!

