



TLA BLAZE

CALENDAR OF ACTIVITIES FOR JULY

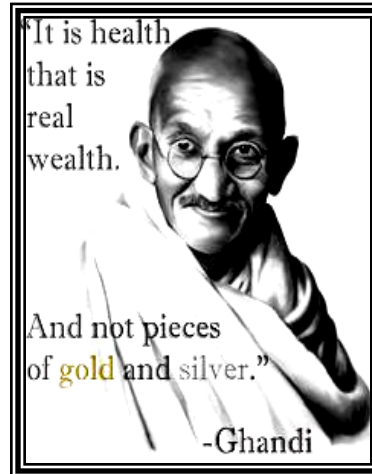
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IT'S ALL ABOUT CHOICES

Herophilus said, "When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied".

The most fundamental level of Maslow's hierarchy of needs, the physiological needs, would dictate how man will progress to the next level. This level includes the basic requirements for the survival of man: air, water, food, clothing, and shelter. In principle, with these five elements, one has a sure chance of survival.

However, in this day and age, the term *survival of the fittest* would mean adding one more element to the five: education. To be competitive, one has to



gain more knowledge and skills.

Although air and water are very important elements, food supply would still spell a great difference. It is hard to make your brain work on an empty stomach. As such, school children should be given a decent feeding program by the government. Coupled with a sound educational

program, we will surely be equipping future leaders with just the provision of these basic needs.

Another element that needs to be added would be healthcare. With regards to health, it is more prudent to be proactive than to suffer the consequences of a debilitating disease. Will it be too much to ask for government funded flu vaccines for students?

With a 2.6T budget, how much are we willing to allocate for education and healthcare? It will all depend on what we deem important. Do we send children to school just for the sake of being in school or are we really equipping them so they can, in the future, be able to give back to the community? It's all a matter of choice.

TIMBANG IWASTO, SA TAMANG NUTRISYON AT EHERSISYO

This year's Nutrition Month's theme, "Timbang Iwasto, Sa Tamang Nutrisyon at Ehersisyo" gives emphasis on two components of living a healthy life: good nutrition and exercise. By promoting the importance of eating a well balanced diet and exercising, we can keep

sickness at bay and live a healthy lifestyle.

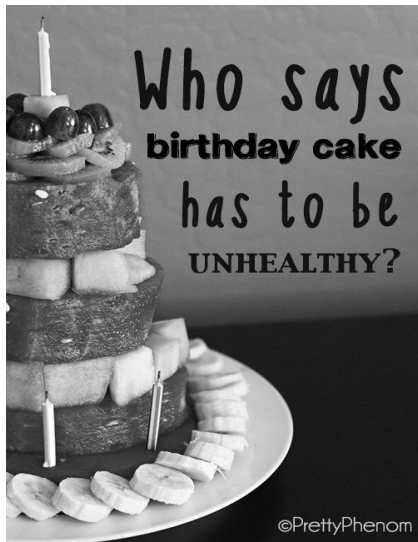
Always remember, fruits and vegetables are your friends! Eat them regularly and limit the intake of sweets and fatty food. Most important of all, stretch those muscles and exercise.

FROM THE MOVIE "DAVE" 1993

MURRAY: I gotta tell ya, Dave. I've been going over this a bunch of times and a lot of this stuff just doesn't add up. Who does these books?

DAVE: I'm not sure. Can we save anywhere?

MURRAY: Well, yeah. But you gotta start making some choices.



HAPPY BIRTHDAY!!!

MS. CHE - 30

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The 7 Most Alkaline Foods

Say good-bye to low energy, poor digestion, extra pounds, aches and pains, and disease.

Say hello to renewed vigor, mental clarity, better over-all health, and a lean trim body. The key? Your health depends on the pH balance of the blood. source: Dr. Robert O. Young



16 HEALTHIEST FOODS EVER

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More at: <http://www.bellybytes.com/articles/29foods.shtml>



THINK POSITIVELY
EXERCISE DAILY
EAT HEALTHY
WORK HARD
STAY STRONG
WORRY LESS
DANCE MORE
LOVE OFTEN
BE HAPPY

KNOWLEDGE IS POWER

Eating healthy food may be easier than you think. At first it may seem such a daunting task but by merely looking at the food items listed above, you may be surprised with how healthy your kitchen supply already is. Healthy options are readily available, however, some may come with a premium. So it all boils down to one thing: are you decided to eat and live a healthy lifestyle? If your answer is yes, then knowing the benefits of your choice would outweigh the cost it would entail. After all, as what Benjamin Franklin once said: "An ounce of prevention is better worth a pound of cure."



WHAT'S ON YOUR PLATE TODAY?

THE SUPERFOOD PLATE



Clean Water
1/2 body weight
in ounces/daily

Broccoli Regulates blood pressure.
Anti-oxidant. Anti-aging.
Good for the brain. Boosts the immune system.
Maintains bone health. Fights against cancer.
Repairs sun-damaged skin. Aids digestion.
Rich in fiber. Curbs appetite.
Maintains vision. Prevents colds.
Prevents heart disease.

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Vegetables

40%

- Leafy Greens
- Red Cabbage
- Carrots
- Red Bell Pepper
- Broccoli
- Spinach
- Kale
- Onion
- Cucumber
- Cauliflower
- Asparagus
- Egg Plant
- Zucchini
- Beets

Protein

30%

- Meat (Grass Fed)
- Eggs
 - Wild Salmon
 - Beef
 - Venison
 - Chicken
 - Turkey

Healthy Fat

15%

- Avocado
- Raw Dairy
- Flax Seeds
- Pumpkin Seeds
- Almonds
- Pecans
- Cashews
- Coconut Milk

Carbs

15%

- Fruit
- Blueberries
 - Raspberries
 - Strawberries
 - Apples
- Beans
- Kidney
 - Black
 - Garbanzo
- Gluten Free Grains
- Sweet Potato
 - Quinoa
 - Brown/Wild Rice

YOGA



YOGA: Fight stress and find serenity

By Mayo Clinic Staff

Yoga is considered a mind-body type of complementary and alternative medicine practice. Yoga brings together physical and mental disciplines to achieve peacefulness of body and mind, helping you relax and manage stress and anxiety. Yoga has many styles, forms and intensities. Hatha yoga, in particular, may be a good choice for stress management. Hatha is one of the most common styles of yoga, and beginners may like its slower pace and easier movements. But most people can benefit from any style of yoga – it's all about your personal preferences.

The potential health benefits of yoga include:

- **Stress reduction.** A number of studies have shown that yoga can help reduce stress and anxiety. It can also enhance your mood and overall sense of well-being.
- **Improved fitness.** Practicing yoga can lead to improved balance, flexibility, range of motion and strength. And this means you're less likely to injure yourself in other physical endeavors or in your daily activities.
- **Management of chronic conditions.** Yoga can help reduce risk factors for chronic diseases, such as heart disease and high blood pressure. Yoga might also help alleviate chronic conditions, such as depression, pain, anxiety and insomnia.

To read more about this article, visit: <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/yoga/art-20044733>