



Sunrise
December 2021
Happy Holidays!!!!

This Month's Motto:

I BELIEVE = I ACHIEVE!!!

IMPORTANT DATES:

12/17 Graduation 7:00pm
12/24-1/2 Holiday Break
No Classes!!!

CAMP DAYS:

12/20-12/23

BRING-A-FRIEND-

DAYS:

12/2, 12/4, 12/6, 12/11,
12/14, 12/16, 12/18,
12/20

BBLP ACHIEVEMENT

This Month's Patch

Nutrition

Achievement

**Requirements on the
back!**

Demo:

12/4, 12/11 @1:30
12/18 @2:30

BBLP RUN:

12/18 @1:30 pm

Beg. Bo

12/3 @5:45 pm

Beg. Nunchaku

12/17 @5:45 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
S E L F - C O N F I D E N C E	January 3 T-Shirt Day Pad Kicking Flying Side Kicks	January 4 Test Review	1 Test Review	2 T-Shirt Day Target Practice Bring-A-Friend-Day	3 FORMS DAY Beg. Bo 5:45 BBLP Seminar 7:00pm BBLP Achievement 7:30pm	4 T-Shirt Day Extreme Combos Bring-A-Friend-Day Demo 1:30
	6 T-Shirt Day Circuit Training Bring-A-Friend-Day	7 Test Review	8 T-Shirt Day Sparring Drills *Gold & Above Bring Protective Gear*	9 Test Review	10 FORMS DAY Extreme 5:45 pm	11 T-Shirt Day Instructor's Choice Bring-A-Friend-Day Demo 1:30
	13 Test Review	14 T-Shirt Day Kung Fu Bring-A-Friend-Day	15 Test Review	16 T-Shirt Day Parkour Bring-A-Friend-Day	17 FORMS DAY Beg. Nunchaku 5:45 pm Graduation 7:00 pm	18 T-Shirt Day Clapper Drills Relay Race Bring-A-Friend-Day BBLP RUN 1:30 Demo 2:30
	20 Camp Day T-Shirt Day Open Practice Bring-A-Friend-Day	21 Camp Day Test Review	22 Camp Day T-Shirt Day Sparring Drills *Gold & Above Bring Protective Gear*	23 Camp Day Test Review	24 HOLIDAY BREAK NO CLASSES!!!	25 HOLIDAY BREAK NO CLASSES!!!
	27 HOLIDAY BREAK NO CLASSES!!!	28 HOLIDAY BREAK NO CLASSES!!!	29 HOLIDAY BREAK NO CLASSES!!!	30 HOLIDAY BREAK NO CLASSES!!!	31 HOLIDAY BREAK NO CLASSES!!!	January 1 HOLIDAY BREAK NO CLASSES!!!

BBLP ACHIEVEMENT PATCH: NUTRITION

Good nutrition is essential for a healthy mind and body. Everyone knows this, yet many of us continue to eat fast food, junk food, and other foods high in fats and sugars. We drink sugar filled sodas, eat fat drenched chips and fries, and sugary candy bars. We get too much fat and sugar, and we deny our bodies the vitamins, minerals, complex carbohydrates, and fiber that our active lifestyles demand.

The typical American diet, to put bluntly, is unhealthy. In recent years some progress has been made in informing the public of the dangers of high fat intake and high cholesterol, along with the importance of eating plenty of vegetables and fresh fruit. However, the diet most Americans follow still costs the nation millions and millions of dollars in health care annually, and shortens thousands of happy, productive lives.

What can you do to feel better and live longer? How can you avoid becoming just another health care statistic due to poor diet? Read on and earn your Nutrition Patch!

Requirements for the Nutrition Patch: (all answers must be written down or typed and turned in BEFORE the meeting date on January 7, 2021)

4-8 years old:

Look at the food group pyramid or any other published food pyramid.

- Make your own drawing of the pyramid and place your favorite foods in each section.
- Identify one healthy food that you're going to add to your diet.
- Create a healthy meal plan for one day using the foods you like and the guidelines. Write down what would be the best food choices for that day, and SHARE with your FAMILY.

9-14 years old:

- Do the requirements for 4-8 years old.
- Keep a written record of everything you eat and drink over a seven-day period.
- Compare what you ate with what the food pyramid recommends and write down how you could improve your nutrition.
- Have a family meeting and share your findings, discuss how to entire household could improve their diet.

15 years old-Adult:

- Do the requirements for 4-8 years old and 9-14 years old.
- Design a healthy diet for yourself for at least one week. Plan exactly what you will eat at each meal and healthy snacks to eat between meals.
- Live on the diet you have designed for at least a week.

