

Wellness Weekend Thornton 0803  
Kansas City Wellness Magazine  
Featured Article August 2003  
By Tony Thornton

Everybody knows the importance of living a healthy lifestyle, getting plenty of exercise, a good diet, and maintaining a balance between work, family and self. So why is that so many of us do the exact opposite? We have horrible diets made up of stuff with no nutritional value, lots of sugars, fats, preservatives, and who knows what else. Along with this poor diet, we refuse to exercise on a regular basis. Our excuses, I don't have time – between work, family, school, cooking, cleaning, when do I have time to EXERCISE and EAT HEALTHY meals? My question to you is when do you not? Out of all of the things that we do in life, nothing is more important than making sure that we take care of our bodies. Our lives are precious and without it, nothing else matters. What good is having a job if you're not healthy enough to go to it, or a family if you're not around to be a part of it?

Society has tricked us into believing that we can use quick fix pills and fast foods to minister to our health needs. I'm sure you realize that these pills and fast foods haven't done much but offer us life threatening side effects and empty calories. It's painful to see so many people that are driving themselves into obesity, mental and physical illnesses, and even to the point of untimely deaths. Not to mention the emotional trauma we put our families and loved one's through because of our low self-esteem. Now don't get me wrong, I'm not saying that eating a cheese burger and fries is going to put you in the grave, but eating enough of that stuff isn't going to do much for your waistline and heart.

Studies have shown that maintaining a good lifestyle (don't smoke, control weight, moderate exercise and manage stress well) will improve your general health and prevent or help heart disease. According to Health.Heart.org, these simple basics may well prevent or postpone nearly 80% of heart and other serious diseases! Get this – processed foods lose 60 – 95% of most of the healthy nutrients. Industrial hydrogenation first destroys omega-3 oil – part of what used to be called vitamin F – and then turns it into toxic trans fat (think: heart attack, cancer, depression, arthritis).

In addition to improving your diet, what's wrong with a little exercise? I know, you're saying I run my kids around all week back and forth to sports activities, school, shopping and the list goes on and on. Unfortunately this doesn't contribute much to you're well-being. I'm talking about the mental and emotional benefits you receive from personal, stress free exercise. Those trips to practices and school are doing nothing more than keeping you busy. You deserve some personal time. When do you find time for it, you make time. Schedule it in! I'm a parent of 4 children under that age of 6. Even with our hectic schedule I find the time! Once I got in the habit of regular exercise (walks, fitness classes, home exercise) it became a part of my lifestyle. As far as the diet, I eat whatever I want. However, now my desire is to eat smarter. It's about making wise decisions, cheeseburger or grilled chicken, candy bar or grapes, soda or bottled water. In the past few months, these minor changes in my diet along with regular exercise have trimmed

more than 10 inches and 15 lbs from my body. That's a big milestone for me, considering I had gone for years, teaching cardio kickboxing classes 3 – 4 times a week and never lost more than a couple of pounds.

As a fitness instructor my desire is to help encourage others to get away from those unhealthy habits and motivate them to change their lives. One of the recent initiatives that I've sponsored is a Wellness Weekend. I wanted to offer our students something more than the weekly cardio kickboxing classes.

It was about 3 years ago when I approached some of the local fitness instructors and martial artists these instructors about offering a weekend of training, socializing and pampering. It was a great idea. We looked for a luxurious resort that offered spa services and scenery in a natural environment. We invited our classes and planned a weekend of rejuvenation. I can't believe how successful this has been for us. Every year we attract more people and sponsorships from local area businesses. The idea was to create a controlled environment that welcomes people like you and I to learn about the importance of awareness, understand why physical conditioning is important, and to use this weekend as an opportunity to give people a new start. We're trying to help people realize that exercise can be enjoyable and exciting.

We constantly receive feedback from our clients on how this organization and the Wellness Weekend events have transformed their lives. People are receiving a new sense of confidence, several of our clients are finally developing the "life" they've always dreamed about.

This year's event is expected to be even more enjoyable. We've teamed up with Tan-Tar-A Resort Golf Club & Spa to provide an unbelievable weekend, August 9 - 10! The weekend begins with a host of seminars throughout the day on Saturday and Sunday morning and no you don't have to wear spandex or a karate uniform. Come as you are and dress comfortable. We will be joined by some of the top martial artists and fitness instructors from across the Midwest. They will be offering training and workouts in the following arts: Aerobics, Self-Defense, Kickboxing, Aikido, Qi Gong, Tai Chi, Yoga, and much more. The remainder of the weekend is filled with informal group activities and amenities at the Tan-Tar-A Resort Golf Club & Spa.

For more information about our organization or Wellness Weekend 2003 email me, Tony Thornton at [tony\\_thornton@srkema.com](mailto:tony_thornton@srkema.com) or visit our website at [www.srkema.com](http://www.srkema.com).

