

The Pearls of Wisdom

Newsletter
May 2011

From My Family To Yours:

In August of 2004 I came to America with my two boys. During my time here, I have met so many wonderful friends. I married my wonderful husband Tim and I love the life and family we share. We opened Pink Pearl Gymnastics and together we are both working everyday doing something we truly enjoy. We are happy to share that our whole family is involved with Pink Pearl and it feels good to have them all a part of the gym. After a lot of hard work and dedication,



May 16 the boys and I became American Citizens and how proud we feel. We are ready to serve our County as one Nation under God!! We are truly a great example of the American Dream. Thank you to all our Family and Friends for there love and support.

God Bless America!



May Pearl:

**Congratulations to
our Student of the Month
Hailey Markley!**
She has shown great respect,
dedication
and
progress!



From the Coach:

Spring has been a busy time for all of us. At Pink Pearl, we held our Easter Egg Hunt, had the Card Making class, and the Life Balance Club meeting. Thanks to all students and parents that attended and those that volunteered their time. We are grateful to Susan, Margaret, and Lynn for the delicious dishes they provided for the Club meeting. We had so much fun!

With Summer right around the corner we would like everyone think about your summer plans and look into the summer programs we offer here at Pink Pearl. Classes book up fast, so **register ahead of time**. In June our Cheerleading Classes will begin. We are excited to add this program to our gym. See our website for class and camp schedules. **SEE COUPONS on BACK PAGE**. Parents please ensure your child has the proper uniform for class.

Also for girls please be sure their hair is up and away from the face. In June we will be having a **cutest hair style contest** so be creative!! A special prize for the winner.

We will be having **pictures taken** of our class activities. Waivers will be given to parents for permission to have photos taken of their child/children and allow us to post them on our website and newsletter. If you haven't already please fill one out and get them back as soon as possible. We will also be offering photo sessions of your little pearl(s) in action for you to purchase. Remember these make great gifts for friends and family!! We will get you more information soon.



Gymnastics in the News:

Gymnastics Strengthens Girls' Bones: Study

NEW YORK (Reuters Health) - Supporting the notion that weight-bearing exercise throughout life can cut the risk of brittle bones later on, a small study shows that young female gymnasts build bone mass at a higher-than-average rate.

Researchers found that girls in competitive gymnastics gained more bone density over 3 years than their non-gymnast peers did. They also put on more lean body mass, which comes mainly in the form of muscle. Higher-than-average bone mass has also been found in adult gymnasts, and the new findings suggest they may owe this to gains made throughout childhood and adolescence, according to the study authors.



More importantly, such early accumulation of bone density may protect against fractures later in life, they reported in a recent issue of the Journal of Pediatrics.

In the US, it is estimated that half of women older than 50 will sustain a fracture due to the brittle-bone disease osteoporosis. Experts believe that one way to prevent osteoporosis is to build bone mass at a young age through regular exercise, particularly so-called "high-load" activities that put more pressure on the bones to work. Gymnastics is one such activity.

In the new study, Emma M. Laing of the University of Georgia, Athens, and her colleagues followed 7 female gymnasts and 10 non-gymnasts over 3 years. At the start of the study, girls in both groups were around 11 years old, on average, and were of a similar weight and height overall. The non-gymnasts were active in other ways, with some regularly participating in basketball, softball, soccer or tennis. The gymnasts, however, had a higher

bone density in the hip, lower spine and thigh, as well as a lower percentage of body fat. And over the 3 years, gymnasts accumulated bone density in several areas at a higher rate than the other girls.

There was no difference between the groups in calcium intake, another important factor in bone mass, the researchers note.

They also point out that previous studies have suggested that female gymnasts have a higher-than-average bone density despite the fact that zealous dieting, delayed growth and irregular menstruation--all of which can signal trouble for the bones--are problems in the sport.

Laing and colleagues suggest that gymnasts' greater accumulation of muscle, which exerts a force on bone during contraction, may explain their sturdier bones.

Health and Fitness

Health: This month's theme, ***Detoxification***.
Ten basic ways to detox:

1. Breathe deeply; Oxygen helps to detoxify the body.
2. Eats lots of fiber.
3. Drink at least 2 qts of water.
4. Vitamin C.
5. Sweat.
6. Herbs for the Liver.
7. Transform stress; Focus on positive emotions.
8. Hydrotherapy hot/cold showers.
9. Remove toxins through skin pores; scrubs, and soaks.
10. Exercise.

Fitness: YOGA is a very good fitness activity for detoxification.
 All you need to practice asanas is your body, the floor, and a little of self-discipline.
 Yoga practice helpful tips:

- *Practice short sequence
- *Every Day at the same time
- *Find a quiet place
- *Practice on empty stomach
- *On the blanket or mat
- *Wear comfortable clothes
- *Leave your feet bare
- *Take off any jewelry

Nutrition: We can help by NOT putting in the toxins that harm us by watching what we eat. It is surprising how much toxins we put into our bodies by just eating some of our favorite foods. Also by eating a nutritious diet we can help cleanse our bodies of the toxins that usually show themselves by aging us prematurely. Make eating fiber fun!

Life Balance: www.lifebalanceworks.com

This Month we held our first meeting with our life balance group. Have you read all the ***ingredients*** in the foods you are eating or the ***chemicals*** you are using in your home? Could they be poisoning to your body? Are your medications actually hindering you from getting better? Have you ever wondered where your ***energy*** has gone, and what you can do to get it back? Want to shed those last 10 pounds? ***Learn more*** on how the right weight, the right nutrition and the right fitness make a healthier you. Visit our website for more information or schedule a consultation with us to find out how you can help yourself to balance your life.

Download the harmful foods information from our Life Balance website!



So what is really in the food you eat? Are you always tired? Could the cleaners we use in our home be harming our health? Find out more at one of our Life Balance Club Meetings!!

We The People... Remembering the Brave!

While for most of us Memorial Day is the beginning of summer and a day to enjoy hamburgers and hotdogs with our friends and family. We need to stop and think of those that fought for our country and lost there lives, and the families that will be missing there loved ones on this special day! Being a soldier is far more than putting on a uniform every-

day, they help keep America safe by putting their own lives in harm ways. Thank you to all the military that have, and are serving our country! We pray for the families that have lost a loved one.

Remembering the Brave:

<http://www.jensensutta.com/slideshows/RTB/>

(Please, use the link above to watch an amazing slideshow)

In God We Trust

Ephesians 6: 10-17

A final word: be strong in the Lord and in his mighty power. Put on all of *God's armor* so you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh and blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of *Truth* and body armor of *God's Righteousness*. For shoes put on the *Peace* that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of *Faith* to stop the fiery arrows of the devil. Put on *Salvation* as your helmet, and take the *sword of the Spirit*, which is the *Word of God*.

Announcements:

Coming Soon:

Cheerleading: we invite you to join our Pink Pearl Cheer Team! The Head Coach, **Jennifer Green-Neff**, has more than 17 years of cheer and dance experience. Sign up now! classes start in June. **Gymnastics:** In June we will open new classes on Monday & Saturday!

Check our new Schedule Online !

Welcome New Students:

Elanah "Lani" Holmes
Maleah Johnson
Gabrielle Falu

Happy Birthday:

Abeni Bradley - May 24

Congratulations to

Julia and Alan Dail!
Ava Sofia Dail, born on May 16th, 2011. **Ariana Dail** is now a big sister!



We are so Proud:

- ◆ **Bella** has got her bridge!
- ◆ **Sarah** is working so hard to become next student of the month!
- ◆ **Ariana** has got all her splits!
- ◆ **Abeni** has got her handstand with straight arms!
- ◆ **Madison and Emma** demonstrate an awesome friendship!
- ◆ **Gracie** is doing such a good job following directions!

Fun Stuff:

Happy Mothers Day!!

A Mothers job is never done.

I know the laundry's clean and the dishes are done, but just a minute Hun. Don't give me that tone, let me have the broom, all this dust and dirt I will not leave alone. Yes I know about your class trip and the sack lunch with a drink, I won't forget to label it in ink Oh and don't forget your projects due what do you mean your sister spilled the glue, its nine O'clock go to bed, I will finish this instead. Morning is here time for the day, what did you say yes your shirt is there and its clean, the blue shirt, I thought you told me green. What, your sister cut her hair, I really don't need you to stare. Eat your food, and wash your plate don't forget to brush your teeth hurry your going to be late. Just a minute Hun, I know the laundry's clean and dishes are done, one more thing I need to say I love you my little one and will miss you while your away!!

Trivia:

I am bigger and also smaller than you,
At times I lead and sometimes I follow too,
I weigh nothing, what am I?

Answer Below.....

Summer BLTs

Ingredients:

- ◆ Sourdough bread
- ◆ Turkey Bacon (or Center Cut)
- ◆ Spinach Salad Mix
- ◆ Fresh Tomatoes
- ◆ Parmigiano Reggiano (shaved)
- ◆ Mayo
- ◆ Salt and Pepper

Prepare Bacon and toast to your liking. Slice tomatoes Make blts with mayo on bread Salt and pepper, spinach mix, bacon, tomatoes and sprinkle with cheese. Enjoy!

***Add Sliced Cucumber for a fresh taste



Answer: Your Shadow

Pink Pearl Gymnastics

Gymnastics * Dance * Cheer * Fitness*

Virginia Beach, VA

757-343-8250

pinkpearlgymnastics.com

Pink Pearl Gymnastics

Summer Camp Registration

Sign up before June 30th

Get \$20 off

Pink Pearl Gymnastics

Cheerleading Class

Sign up for a class

Get \$25 off for the Month

Pink Pearl Gymnastics

Get a 10% Discount for more than one family member registered for classes or camp!

Pink Pearl Gymnastics

Refer a friend!!

If they sign up for classes take \$10 off your next months class.

Friend your referring:

Name _____

Phone _____

Pink Pearl Gymnastics

Free Trial Class for new students

*406 Davis Street, Suite 101 Virginia Beach, VA
23462*

(757) 343-8250

Referred By: _____

Pink Pearl Gymnastics

Free Trial Class for new students

*406 Davis Street, Suite 101 Virginia Beach,
VA 23462*

(757) 343-8250

Referred By: _____