



American Weekly Inspiration

Thoughts for today and every day:

“Progress has been made, but there is still work to be done. May we all find our own gentle strength to grow and help others.” Susan Garza

“No matter how you used yesterday, you received 24 hours today.” author unknown

“It is all too easy to speed through life with our eyes focused only on the road ahead. The challenge is scanning the horizon from time to time to determine where we are headed.” Christopher Gergen and Gregg Vanourek, *Life Entrepreneurs*

“Criticizing another’s garden doesn’t keep the weeds out of your own.” author unknown

American Update:

The web site has been updated with **One Day Dance Intensives**, as well as **2009 Summer Camp** dates. Make sure to visit the web site to plan ahead and “Save the Date” for future events, including competitions. (www.DanceADTS.com)

We are excited to host the **Dallas Mavericks Dance Competition** at the American Airlines Center on March 7th for both junior and high school teams. Make sure to register early as tickets are in big demand this season.

www.DanceADTS.com

Make sure to resource the archives of the Weekly Message (on our web site) to find daily words of wisdom as well as motivational material to use for your team or office.

Inspiration of the Week:

We all know that water is important, but I've never seen it written down like this before...

Water Anyone?

75% of Americans are chronically dehydrated. (This likely applies to half of the world population)

In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.

Even MILD dehydration will slow down metabolism as much as 3%.

One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.

Lack of water is the #1 trigger of daytime fatigue.

Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

Drinking 5 glasses of water daily, decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

Are you drinking the amount of water you should every day?

Do you need to know the exact amount of water that you should drink each day for your body weight? Click this link for the formula
http://www.quickfasting.com/plenty_from_both_ends.html

Inspiration is great, but one of the greatest inspirations is feeling good.

This weekly message is generated from:
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American Dance/Drill Team®