



## Health News from Rhythm and Moves, Inc.

October: Step by Step

### TAKE A WALK



**In every walk with nature, one receives far more than he seeks. – John Muir.** October is Walk to School Month. Can you walk to school at least once a week? Let's all walk to school together on Wednesday, October 7, 2015, International Walk to School Day. It is a fun, healthy activity that gets us ready to learn at school. For more information, visit: [www.walkbiketoschool.org](http://www.walkbiketoschool.org).

### MAKE A CHOICE

**Attitude is a little thing that makes a big difference. – Winston Churchill.** October is Positive Attitude Month. Positive thoughts lead to positive words which lead to positive actions and positive habits and positive character for ourselves and others. Let's help each other keep a positive attitude. What positive words or actions can you say or give to yourself and others? You can do it! Keep it up! Go for it! You got it!



In honor of Bullying Prevention Month this October, let's also choose to practice empathy, kindness and respect. Bullying is a behavior that hurts or harms another person physically or emotionally. Bullying disconnects people. On the other hand, empathy means perspective taking, staying out of judgment, recognizing emotion in others and communicating that. Empathy is about connecting with others. Here are ideas to connect with others:

- Honor differences and accept others
- Include others in games and activities
- Share positive compliments with others
- Practice respect, kindness, and empathy
- Express empathy by connecting with others: "I've been there before. You're not alone."

For more about empathy, watch this YouTube video: [Empathy by Brene Brown](#)

**Every thought and action directs your life. Pause to recognize where you are going.**



### MINDFULNESS: BODY AWARENESS

Our body is also an anchor for mindfulness. Body awareness can help us be mindful in the present moment. Can you take a mindful walk each day? In *Teach, Breathe, Learn*, Meena Srinivasan explains mindful walking as a "nourishing practice that helps set the tone." We can focus on how each foot lifts up and steps down, from your toes to your heel. We can feel the soles of our feet as they touch the ground. In addition, we can keep a positive attitude when we say words like "joy" or "peace" with each step that we take. Whether it is between classes, meetings, recess or the parking lot, a mindful walk can help us feel more nourished and refreshed.

**FUN FAMILY CHALLENGE:** With anyone in your family, take a mindful walk together. Enjoy the beautiful colors, sounds, smells and sights of nature.

### FITNESS: PUSH IT UP



Let's push it up to our full potential this month! After practicing planks last month, we are ready to practice push-ups. Just like plank you can do a push up practically anywhere. Push-ups improve strength fitness, focusing on muscles such as biceps, triceps, deltoids, pectorals and core. Can you do 5 push-ups each day?

### NUTRITION: EAT A HEALTHY TREAT



*Trick or Treat. Trick or Treat. Give me something good to eat.* This Halloween, let's choose something that it is good for us to eat. Can you choose a healthy treat?

Healthy Treat Idea: Silly Apple

**Bites Ingredients:** Apples, strawberries, almond or sunflower seeds, peanut butter, and chocolate chips. **Directions:** Slice apples into quarters and slice out section to make mouth.

Fill with peanut butter and nuts or seeds for teeth. Place a slice of strawberry in between teeth for tongue. Glue the chocolate chip to the top of the apple with peanut butter.



## Happy Halloween!



For more information, visit our website [www.rhythmndmoves.com](http://www.rhythmndmoves.com) or follow us on Twitter @Randmphysed



## MINDFULNESS: BODY AWARENESS

Body awareness can help us be mindful in the present moment. Try a body scan.

Imagine you are taking a tour of your body.

Observe each body part without changing anything. Start at the bottom of your body. Start with the left toes. Notice any sensations: hot or cold? Let it go. Move onto the next body part: left ankle, calf, knee, thigh and right foot, ankle calf, knee thigh and torso, shoulders, neck and head.



## FITNESS: PUSH IT UP

- Push-Up Tabata: Do 20 seconds of Push-Ups then 10 seconds of rest. Repeat this workout as long as possible or up to 4 minutes. Add your favorite song!

Remember these cues for correct form for the push up:

1. Hands and toes are on the ground
2. Fingers are forward and spread out
3. Shoulders are over wrists
4. Arms go to 90 degrees
5. Back is straight

Try a T-balance Push-Up to improve your balance!

- Do a push up with correct form.
- Keep feet and knees together.
- Rotate body onto one hand into T for 3 seconds.
- Try the other side.
- You can do it!

Try Partner Push-Ups to have fun with a friend!

- Setup face to face with partner.
- Do a push-up with correct form.
- High five your partner.
- Keep going!

Try a Spiderman Push-Up to celebrate Halloween!

- Do a push with correct form.
- Bend knee to elbow as you go down.
- Extend right leg as you go up.
- Way to go!



## SPORT NEWS: PERSONAL BEST AT 100!

Even at 100, this athlete still practices lifelong fitness. Not only is he 100 years old, he is the first centenarian to break the 27 second 100-meter record as well as clear the official height in the high jump. Wow! The way we take care of our body, heart and mind each day makes a big difference. What an inspiration! For more information: [100 Years Old. 5 World Records.](#)



## RHYTHMS AND MOVES

October is National Popcorn month! Let's sing about it! Can you move and sing to a rhythm? On the "pops", students pop up from the ground like a popcorn kernel, then shrink down and get ready for the next pop. The pops only happen when there is a pause in the words of a song—we call that a rest! For an example of this song, watch this You Tube video: [The Popcorn Song](#)

- Pop-ping Corn \*pop\* pop-ping corn \*pop\*
- Noisy when you heat it \*pop pop\*
- Pop-ping corn \*pop\* pop-ping corn \*pop\*
- Tasty when you eat it! \*pop pop\*
- Pop-ping Corn \*pop\* pop-ping corn \*pop\*
- Hear it bang and sputter \*pop pop\*
- Pop-ping corn \*pop\* pop-ping corn \*pop\*
- I like lots of butter \*pop pop\*

October is also Walk to School Month. Let's sing about it! Can you move and sing to the song Walk, Walk, Walk by Raffi? For more information about the song, visit: [Walk Walk Walk by Raffi](#)

- I just had my orange juice.
- I am putting on my walking shoes.
- I'm heading out that old front door.
- I'm gonna walk-walk to school!
- I'm gonna walk, walk, walk – walk to school!
- I'm gonna walk, walk, walk – walk to school!
- See me walk, walk, walk – walkin' on down to school!