



**Health News from**  
**Rhythm and Moves, Inc.**  
November: Attitude of Gratitude

### ENJOY A NATURE HIKE



Get your friends and family together and enjoy the beautiful outdoors. Let's go outside and take a nature hike to celebrate National Take a Hike Day on

November 17. Try to create a nature scavenger hunt. How many different shapes can you find outside? How many letters of the alphabet can you find in nature?

### A GRATITUDE PRACTICE



Gratitude can be expressed with two words: Thank you. These two words can greatly improve our happiness and empower us to live a physically, emotionally and socially healthier lifestyle.

In an experiment on happiness, Soul Pancake shows that the key to happiness is gratitude. According to Soul Pancake, psychologists have scientifically proven that one of the greatest contributing factors to happiness in your life is how much gratitude you show. For more information, watch this You Tube video:

[Experiment in Gratitude by Soul Pancake](#)

In *Teach, Breathe, Learn*, Meena Srinivasan highlights an important fact: "According to the research of Professor Bob Emmons at the University of California, Davis, a regular gratitude practice can increase your happiness by 25 percent!" Try one of the following ideas for a regular gratitude practice:

1. Say thank you to someone
2. Write a thank you note to someone
3. Write in a gratitude journal daily
4. Find a friend to be a gratitude buddy
5. Share your gratitude list with others



**A moment of gratitude makes a  
difference in your attitude. --  
Bruce Wilkinson**



### MINDFULNESS: MINDFUL EATING

We all have to eat. It is a great time to practice mindfulness. Here are tips from Meena Srinivasan to bring awareness to practice mindful eating. Can you practice once a day?

- Find a quiet place and take a mindful breath.
- Notice the food. Smell the food. Look at the food.
- Practice gratitude for what brought food to the table, such as: 1) the sun, water, earth, sky and rain that created it 2) the farmers and cooks that made the food, and 3) the nutrients in the food.
- Taste your food. Chew slowly. Place your utensil down after each bite. Chew each bite 20-40 times.
- Express gratitude for the food you are eating. Say the name of the food in your mind. Say "thank you."

**FUN FAMILY CHALLENGE:** With anyone in your family, practice mindful eating during a meal together. Express why you are grateful for this food.

### FITNESS: HARD CORE



Let's keep a hard core so we can feel good all day. Sit-ups improve our strength fitness, especially abdominals, obliques, rectus abdominus and transverse abdominus. When we improve the strength of our core muscles, we provide more stability and mobility for the spine, pelvis, rib cage and hips. All of these body parts help hold us up each day. Can you do sit-ups each day? For workouts, check ideas on page two. Have fun!

### NUTRITION: RAINBOW MEAL



Different colors of fruits and vegetables provide different benefits to our bodies and brains. For example, green fruits and vegetables help our bones get stronger. Can you eat meals with all the colors of the rainbow? For recipes, check ideas on page two. Enjoy!

Color of Veggie or Fruit	Benefit
Red	Healthy heart
Orange/Yellow	Healthy vision
Green	Strong bones
Purple	Good memory
White	Healthy immune system

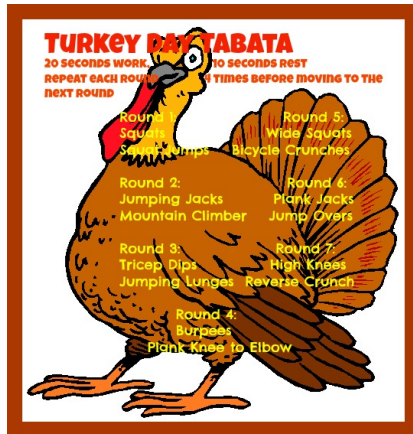


## TURKEY DAY WORKOUT

- Appetizer: 3 sets of 1 minute each
  - Jump Rope, Jumping Jacks, Skaters
- Entrée: 3 sets of 12 reps each
  - Jump Squats, Burpees, Lunges
- Dinner: 3 sets of 15 reps each
  - Crunches, Bicycle Abs, Russian Twists

### TURKEY TABATA

- Work 20 seconds.
- Rest 10 seconds.
- Go to next round.
- Have fun!



### RAINBOW VEGGIE PIZZA

- Red tomatoes
- Orange bell pepper
- Yellow bell pepper
- Green Broccoli
- Red Onion
- Purple Potatoes



For the recipe, visit: [Rainbow Veggie Pizza](#).

### RAINBOW VEGGIE SKEWERS

- Red tomatoes
- Orange bell pepper
- Yellow bell pepper
- Green Zucchini
- Red Onion
- Purple Potatoes



For the recipe, visit: [Rainbow Veggie Skewers](#).

## RHYTHM AND MOVES



Aaron Copland was an American composer born on November 14 1900, who lived until December 2 1990. He wrote many pieces and ballets that focused on American

themes and traditions. He wrote two ballets about cowboys, *Rodeo* and *Billy the Kid*, as well as the ballet *Appalachian Spring*. *Appalachian Spring* features one movement called "Simple Gifts", which is based off an old Shaker hymn. Aaron Copland used the tune, took the words out of it, and gave the melody to instruments instead. These are the words to the Old Shaker hymn:

- 'Tis a gift to be simple, 'tis a gift to be free
- 'Tis a gift to come down where we ought to be,
- And when we find ourselves in the place just right,
- 'Twill be in the valley of love and delight.

These words are about the gratitude and thankfulness the singer feels to be in the right place with the right people. The singer is thankful to live freely. What are you thankful for? To listen to this beautiful song, please visit the You Tube video: [Simple Gifts by Aaron Copland](#). Listen and think about: What are you thankful for?

### ATTITUDE OF GRATITUDE

*Gratitude*  
is the best  
*Attitude*

Let's sing it and dance it! Enjoy this fun song by Jimmy Buffet about the Attitude of Gratitude. Here are lyrics to the chorus:

- An attitude of gratitude when stuff has got you down
- Can get *sastisfiatude* and Turn yourself around
- An Attitude of Gratitude Hooray for what's o.k.
- Say thank you with *infactatude* it's a brand new day

To listen, sing, or dance to this song, visit the You Tube video: [Attitude of Gratitude by Jimmy Buffet](#)

### HAPPY THANKSGIVING!



Thank you for the opportunity to teach and learn with you.

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