



Health News from Rhythm and Moves, Inc.

January: The First Step



HAPPY NEW YEAR TO YOU!

Let's start the year on the right foot and take the first step by choosing ONE WORD to focus on this year. This ONE WORD can apply to every area of your life, including your practice of mindfulness, fitness or nutrition this year. Let's create one word to be our driving force for the year. In a book, *One Word That Will Change Your Life*, the authors Gordon, Britton and Page explain that "One Word creates clarity, power, passion and life change... Simply put, One word Sticks!" For more information, visit their website: [Get One Word](#). Create your one word on their website. Let's keep in mind these motivational words, **"Faith is taking the first step even when you can't see the whole staircase."** – Martin Luther King, Jr.



MINDFULNESS: MINDFUL SPEECH

Do we practice mindful speech? When we speak, we can create connection or disconnection. We have focused on breath awareness, body awareness, mindful eating, and smiling, which are activities that have to do with our internal world. This month, we will practice mindfulness with the external world with a focus on how we speak and interact with others. Kate Munding, with [Heart Mind Education](#) explains the powerful impact of mindful speech, "Our speech can be used to create connection, dialogue, share, and express empathy." Kate Munding provides tips to create connection through mindful speech:



- Cultivate Truth Telling
- Cultivate Harmony
- Cultivate Patience
- Cultivate Listening

In addition, another great strategy is the THINK strategy. Before you speak, think by asking yourself these questions.

FUN FAMILY CHALLENGE: With anyone in your family, practice the THINK strategy.



"The time is always right to do what is right." – Martin Luther King, Jr.

FITNESS: STEP IT UP!



Can you do the lunge matrix? Let's step it up this winter. The lunge matrix is great exercise to build leg strength. The lunge matrix includes three different types of lunges: 1) forward lunge, 2) lateral lunge and 3) reverse lunge. Perform 5 reps on each leg then move onto the next type of lunge. The lunge matrix focuses on the hip flexors, hamstrings, glutes, adductors and abductors. For a video on how to do the lunge matrix, click here: [Lunge Matrix Video by Competitor](#). Practice safety first with these tips:

- Land softly on heel then toe
- Line up knee directly above ankle
- Keep the torso upright



NUTRITION: MAKE A HEALTHY CHOICE

Can you choose whole foods instead of processed foods? Which foods are better for the body and brain: whole foods or processed foods? Do you eat more whole foods or processed foods?

Whole Foods	Processed Foods
Grown in a field	Made in a factory
Picked from a tree	Stored in a package
Has one ingredient	Has many ingredients
Has natural flavors	Has artificial flavors
Has many vitamins	Has fewer vitamins
Has NO additives	Has additives

OATMEAL ENERGY BITES: Try this recipe for tasty snacks between activities. They are made with whole foods and give you lots of energy!

- 1 cup rolled oats
- 1/2 cup almond butter or peanut butter
- 1/2 cup chocolate chips
- 1/3 cup raw honey
- 1/4 cup ground flaxseed



Directions: Mix all ingredients together. Roll into spoon-sized balls. Place on pan with parchment paper. Freeze for about one hour until set. Enjoy! Store in Ziploc bag in fridge. For the recipe, click here: [Recipe by Hip2Save](#)

We wish you all peace and health. Happy New Year!



FITNESS: ASSESSMENT

This year, we have practiced different exercises to improve in different types of fitness. This February, we will complete fitness tests, using the FITNESSGRAM. This state-designated fitness assessment includes a variety of health related physical fitness tests designed to assess different areas of fitness. Rhythm and Moves has chosen the following tests as the standard assessment for each of the related fitness tests based on state requirements:

- **Cardiovascular Endurance:** Pacer Test
- **Muscle Strength:** Trunk Lift
- **Muscular Endurance:** Curl Up and Push Up
- **Flexibility:** Sit and Reach

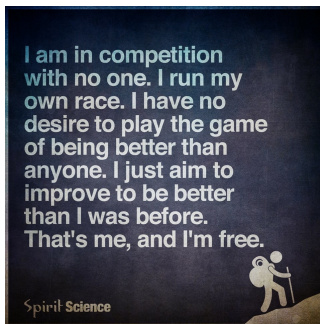
PUSH UP / CURL UP



TRUNK LIFT / SIT & REACH



We appreciate the support from friends, family, parents, teachers, and school communities in helping students improve their personal best in fitness.



We encourage students to strive for personal best with each test. We empower students to believe in themselves and do their best.



FITNESS: WINTER BOOTCAMP

Create your own fitness bootcamp at home. Here is a fun example. This is a 10-10-10 Workout. There are 10 exercises to do 10 times or 10 seconds each. Can you do it for 10 rounds?



LET IT SNOW! BOOTCAMP



1. Cross Country Skier (Alternate Arms and Legs)
2. Lunge Matrix (See Above)
3. Ski Jumps (Jump Side to Side Over Line)
4. Lunge Matrix (See Above)
5. Snowboard Jumps (Jump and Turn 180 degrees)
6. Lunge Matrix (See Above)
7. Jump for Joy! (Squat Jumps)
8. Chair Lift (Hold Wall Sit)
9. Snow Dance (Create your Own)
10. Figure Skater (Hold Warrior 3 Pose)



RHYTHM AND MOVES

January 31st is Franz Schubert's 219th birthday! He was an Austrian composer who wrote seven

complete symphonies, at least 21 piano sonatas, and more than 600 songs for voice! He wrote a piano quintet, which is a piece for a pianist and four string players, called "The Trout." It is a theme and variations piece, which means we hear the melody at the beginning and then hear it again with something changed. For a video of this song, click here: [The Trout by Schubert You Tube Video](#). As we practice mindfulness, listening is a very important skill. Listen for the different theme and variations in the song. Can you find all seven parts when you listen?

- Theme - The melody is played by the violin
- Variation 1 - Piano plays the melody with trills
- Variation 2- Viola and cello play the melody while the violin plays a fast countermelody
- Variation 3- Bass and cello play the melody and the piano plays the countermelody
- Variation 4- Everyone plays loud, then soft, then loud, then soft
- Variation 5- Cello has the melody
- Variation 6- Violin and cello take turns with melody

Coloring Activity: Color a fish to represent all the different sounds. What colors will you use to represent loud, soft, short or long sounds? For an outline of a fish to color, click here: [Fish by Coloring Pages](#)

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