

October 2019

Get Spine Active

Such an awesome time of year to travel! Daylight savings & warmer weather means it's time to join in with the rest of the world on October 1st for a global active day for us - we want to be active each & every day...
#GetSpineActive #WorldActiveDay



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Can you do 5, 10 or 20 squats, burpees or lunges?	2 Can you walk equal 10' or 100'?	3 Climb the stairs like a bear	4 Can something heavy around the house?	5 Drive in the beach
6 Newcastle International & Marathon	7 Beat through Clevepool	8 Take 10 flights of stairs per hour every	9 PushUps	10 Play catch with dog & adults will do love it.	11 Drive in your favourite ocean beach, ferry or headland?	12 Do the 5 for Police registry
13 Garden, wood & feed your fish.	14 Gymnasium and down a hill.	15 Jump up a flight of stairs	16 National Water Week Day (#GetSpineActive Day)	17 Skip the Atlantic Pier Promenade	18 Hobby friendly Cycle	19 Pick up PushUps
20 Hearings 10 or 20's by up to	21 Take 10 or equal before each meal	22 Walk heavy Backpack	23 Dig your toes in the sand	24 Hop on a trampoline	25 Take the 100 stairs & do the 10 squats	26 Do You Squat 100 N' Adams Pt.
27 Explore 100' and the bridge walk	28 Walk friends to & from school	29 Can you walk 20' to your wall house?	30 Squats, push-ups, Climb up a tree or onto a second	31 Toss or throw something neighbour the yard		International Day of Happiness - try to be happy for the rest of the month since 2012
Get involved in our active challenge	Overlook our challenge	Movement is the key to Movement	Positive, Active is a way of increasing energy			Stay involved in local, state, regional, club & more to follow

Active Newcastle
 Newcastle, Sun 1st
 10:00am
 Newcastle Local
 10:00am - 12:00pm

Police Open
 Park, October 1st
 10:00am - 12:00pm

Water 100
 Newcastle, Sun 1st
 10:00am - 12:00pm

Newcastle
 Newcastle, Sun 1st
 10:00am - 12:00pm

Newcastle International
 Newcastle, Sun 1st
 10:00am - 12:00pm

Do the 5 for Police
 Register
 Newcastle