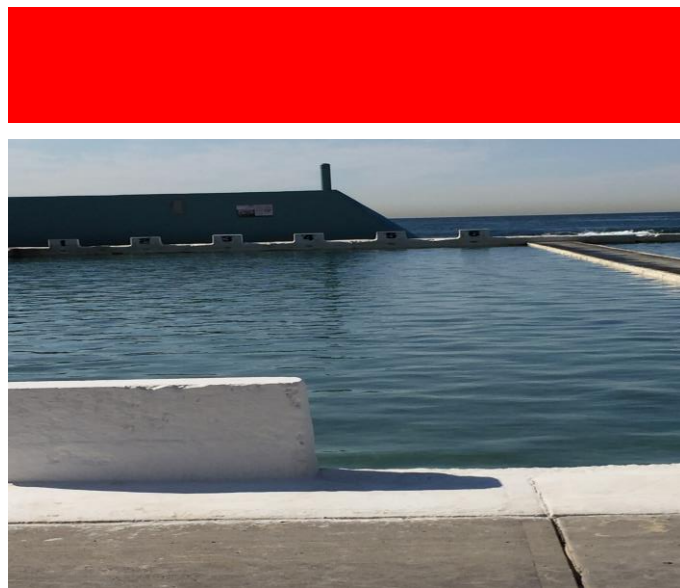# October
2019

Get Spine Active

Such an awesome time of year to move! Daylight savings & warmer weather means it's time to join in with the rest of the world on October 16th for #getspineactive day! For us – we want to be active each & every day….

#GetSpineActive #TransitionsChiro

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Can you do 5, 10 or 50 squats, pushups, chin-ups?	2 Can you wall squat 15" or 120"?	3 Climb the stairs like a bear	4 Carry something heavy around the house.	5 Dive in the beach
6 Newcastle International ½ Marathon	7 Stroll through Glenrock	8 Take 10 flights of stairs (no hand rails)	9 PureRun	10 Play catch kids, dogs & adults we all love it.	11 Dive in your favourite ocean baths- Newy or Merewether	12 Do the 5 for Police Legacy
13 Garden, weed & feed your soul.	14 Somersault, roll down a hill.	15 Jump up a flight of stairs	16 National Ride to Work Day #GetSpineActive Day	17 Strut the Merewether Promenade	18 Friday Friendly Cycle	19 Pick a ParkRun
20 Fernleigh 15 or/ NTC's Try a Tri	21 Take 10 air squats before each meal	22 Walk Newy Breakwall	23 Dig your toes in the sand	24 Hop on a Trampoline	25 Take the KEP stairs & do the Anzac walk	26 Do You Zuu? Up N' Adam PT.
27 Explore KEP- find the Bogey Hole	28 Walk the kids to & from school	29 Can you add 30" to your wall squat?	30 Squats, push ups, Chins ups- is there an extra 5 each?	31 Trick or Treat- surprise a neighbor this year.		#TransitionsChiro helping you live life without limits since 2013
Get involved, Get active and enjoy	Outdoors are awesome	Movement is life, life is Movement	Posture. Nature's way of expressing energy			Stay tuned on Social, prizes, inspiration, ideas & more to follow

School Holiday Inflatable Fun @ the Station Newcastle Sept 30- Oct 13th. **Teddy Bears Picnic October 1st or October 11th.** **Urban Arts Workshop Sept 30th – Oct 9th** **Newcastle Triathlon Club try a Tri. Fernleigh 15** **Newcastle's International ½ marathon Pure Run** **Do the 5 for Police Legacy Newy ParkRun**