

# October 2019

## Get Spine Active

Such an awesome time of year to meet Daylight Savings & warmer weather means it's time to join in with the rest of the world on October 14<sup>th</sup> for [getspineactive.com](https://www.getspineactive.com) for us - we want to be active each & every day...

[#GetSpineActive](https://www.getspineactive.com) [@themotionCNS](https://www.getspineactive.com)



| Sunday                                      | Monday                                 | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  |
|---|--|---|---|---|--|---|
|   |  | 1<br>Can you do 5, 10 or 20 squats, pushups or sit-ups? | 2<br>Can you walk equal 10" or 100"?                    | 3<br>Can you do 10 sit ups?                         | 4<br>Can something heavy around the house?                           | 5<br>Dive in the beach  |
| 6<br>Newcastle International's Marathon     | 7<br>Dive through Clevepool            | 8<br>Take 10 flights of stairs (not handrails)          | 9<br>Pushups  | 10<br>Play catch with a dog & return with the ball. | 11<br>Dive in your favourite ocean bath. Help a friend if necessary! | 12<br>Do the 5 for Police Legacy                                    |
| 13<br>Garden, weed & feed your dog.         | 14<br>Spend some time with a pet.      | 15<br>Jump up & do 10 sit-ups                           | 16<br>Walk/Walk Only - walk for 100m this day           | 17<br>Dive the Atlantic Pier Promenade              | 18<br>Walk the Family Circle   | 19<br>Pick up Pushups   |
| 20<br>Newspaper 10 or 20's by 10            | 21<br>Take 10 sit-ups before each meal | 22<br>Walk heavy bookend                                | 23<br>Dig your heels in the sand                        | 24<br>HOP on a horse ride                           | 25<br>Take the 100 steps & do the 100 sit-ups                        | 26<br>Do You Squat 100? Add to PT.                                  |
| 27<br>Express 100 sit-ups before every meal | 28<br>Walk friends to & from school    | 29<br>Can you walk 10" to your wall 100x?               | 30<br>Squats, pushups, Climb up & walk on stairs & down | 31<br>Take or throw something a neighbour this year |  | 32<br>Remember how happy you felt the winter from since 2012.       |
| Get involved in our active zone             | Check out our new zone                 | Movement is the key to Movement                         | Positive, Active is a way of increasing energy          |   |  | Stay involved in our active zone, inspiration, ideas & more to come |

**Active Zone**  
Newcastle, Sun 10  
to 12:00  
[www.getspineactive.com](https://www.getspineactive.com)  
08-000-1-200

**Active Zone**  
Parramatta, Sun 10  
to 12:00, 11-12

**Active Zone**  
Parramatta, Sun 10  
to 12:00, 11-12

**Newcastle**  
Newcastle, Sun 10  
to 12  
[www.getspineactive.com](https://www.getspineactive.com)

**Newcastle International**  
Newcastle  
Sun 10-12

**Do the 5 for Police**  
Leppington  
[www.getspineactive.com](https://www.getspineactive.com)