

WELLNESS WEDNESDAY

ALTA VISTA ELEMENTARY SCHOOL

OCTOBER 3, 2018



Walk The Walk

Research Says Walking This Much Per Week Extends Your Life

To highlight National Walk to School Day on Wednesday, October 10th, this week's newsletter will focus on the benefits of walking.

Recent studies show that walking as little as two hours per week can help you live longer and reduce the risk of disease.

The study from the American Cancer Society followed 140,000 older adults and reported that those who walked six hours per week had a lower risk of dying from cardiovascular disease, respiratory disease, and cancer than those who were not active, but that walking even as little as two hours per week could begin to reduce the risk of disease and help you live a longer, healthier life.

Our bodies were designed to move," said Dr. David Agus, Professor of Medicine and Engineering at the University of Southern California.

The world's longest-lived people don't pump iron, run marathons, or join gyms. Instead, they live in environments that constantly nudge them into moving without thinking about it. They grow gardens and don't have mechanical conveniences for house and yard work. They have jobs that require them to move or get up frequently. And they walk every single day. Almost everywhere.

In Amish communities in North America, one study showed that the average woman logged 14,000 steps per day and the average man logged 18,000 steps per day, and both genders averaged about 10,000 on their day of rest. These Amish communities also had the lowest rates of obesity of any community in North America. This study eventually hit the media and began the movement to reach at least 10,000 steps per day.

Walking benefits

- Activates lymphatic system
- Eliminates toxins
- Fights infection
- Strengthens immunity

Your environment greatly impacts your activity level, but there are ways to nudge yourself to move more if you do not live in a walkable community:

Take several small walks.

Take your dog out for a short morning jaunt around the block. Walk instead of drive to pick up workday lunches. Step outside after dinner with your family. Research shows it is better for you to break up your movement throughout the day than to work out for 30-40 minutes in the gym and sit all day.

Walk to the grocery store.

If your location safely allows you to, walk to the grocery store. Though you may not be able to purchase a week's worth of groceries in a single trip, you can buy the freshest ingredients

and return again later in the week.

Park in a spot furthest from the building.

If you work in the suburbs, in a mall, or a business park with very few parking options, just choose to park far away from the entrance to add a few more steps to your day.

Walk 5 minutes each hour.

Get up out of your desk and take a round of the office. Fill up your water bottle. Get outside to maximize benefits, if possible.

Take one long walk 30-40 minutes.

Recruit a friend (or your moai!) to take a post-work walk. Forty minutes will fly by before you even realize how far you've gone.

By Aislinn Leonard
Blue Zones.com

Walking School Buses Get Kids Moving, Alert, and Ready to Learn

Thirty years ago, 60 percent of elementary school students in America walked to school. Now, less than 15 percent of elementary kids walk to school. Research shows that children who walk to school are more alert and ready to learn.

Until walkable communities again become the norm, a Walking School Bus program helps to recreate some of the positive side effects of walking to and from school. The Blue Zones Project has implemented Walking School Buses in its various communities around the country.

What is a walking school bus?

A walking school bus is a group of children walking to school together. For elementary students, the group is accompanied by one or more adults. It can be as informal as a few families doing a "carpool" without a car or as formal as a mapped out walking route with regular meeting points, times, and volunteers.

What are the benefits of walking school buses?

- Increase in daily physical activity for students, helping to form healthy habits
- Pedestrian experience and education for students
- Students who are alert, awake, and ready to learn
- Reduction in traffic congestion around schools
- Increase in family and community engagement and positive social opportunities for students, families, teachers, community volunteers

-Solution for families concerned about unsafe neighborhoods or safe walking routes

Variations on Walking School Bus Programs.

Students who live farther than walking distance can choose to join the walking school buses at certain pre-arranged meeting places.

For older children or neighborhoods with safe bike routes, students can form a bicycle train with an adult chaperone or without (for middle or high school students).

From BlueZones.com

Blue Zones Recipe of the Week



Pumpkin Pancakes

While pumpkins may be synonymous with fall, centenarians in the longest-lived places in the world eat squash year-round. Pumpkin pancakes pull together the warmth of cinnamon and sweetness of honey for a cozy combination.

[CLICK HERE FOR THE RECIPE](#)

Upcoming Events in the Community

INTERNATIONAL WALK TO SCHOOL DAY
10.10.18

LEAVE THE CAR AT HOME AND JOIN BEACH CITIES HEALTH DISTRICT FOR INTERNATIONAL WALK TO SCHOOL DAY ON WEDNESDAY, OCTOBER 10. BE SURE TO CHECK-IN AT YOUR SCHOOL'S

WELCOME BOOTH BY THE MAIN ENTRANCE TO BE OFFICIALLY COUNTED AS A PARTICIPANT AND RECEIVE YOUR PRIZE!

PUBLIC SAFETY OPEN HOUSE
10.7.18
10:00AM-3:00PM
REDONDO BEACH CIVIC CENTER

JOIN US FOR A DAY OF FUN WITH YOUR LOCAL POLICE AND FIRE.

BIG TRUCKS
FREE HOT DOGS
FREE CHILD ID KITS
FREE GUN LOCKS
KID & SKATE ZONES
MUSIC & MORE!

SEE DEMOS FROM:
K9 UNIT DRONES
S.W.A.T. MOTORCYCLES
FIREARMS SIMULATOR

In every walk with nature one receives
far more than he seeks
-John Muir