

ACTIVEMARION PROJECT

#JOINTHEMOVEMENT



NATIONAL WALK TO SCHOOL DAY

Walk to school day is an international event celebrated annually and starts introducing students to walking safely to school. p. 03

BEST SPORTS BRAS

How much thought do you put into something that is rarely seen by anyone but you? The right sports bra makes all the difference. p. 02

NUTRITION FOR BREAST CANCER

While food and diet play a role in your overall health, recent studies are showing that certain foods may decrease your risk of developing cancer. p. 02

ACTIVE MARION PROJECT NEWS & UPDATES

- The end of quarter 3 is quickly approaching. Open the AMP app and sync your steps by **Sept 30th**
- The fall football walking challenge, starts **October 1- 31st**. Join and win football and tailgate themed prizes
- There are new updates to the app **leaderboard** and the **Fitbit** process
- Welcome to our new workplace wellbeing partners- **HGD Hotels** and **College of Central Florida**

FIND MORE AT WWW.ACTIVEMARION.COM

AMP
Active Marion Project

FALL FOOTBALL STADIUM

30-DAY VIRTUAL WALKING
CHALLENGE TO FLORIDA'S
FAVORITE COLLEGE FOOTBALL
STADIUMS!



DOES THE COLOR OF YOUR FOOD HELP PREVENT THE "C" WORD?

by Brianna Liles, MS, RD, LD/N

There are 1 million women diagnosed with breast cancer each year and many times I am asked "what can I do to reduce my risk?". Ever heard the phrase *Eat the Rainbow!* No, I am not talking about Skittles. I'm referring to eating a colorful variety of fruits and vegetables daily. Studies that suggest that diets enriched with plants can decrease your risk of developing breast cancer by 15%. According to Susan G. Komen Breast Cancer Foundation, foods rich in lycopene and betacarotene, such as tomatoes, carrots, and watermelon, may be associated with a reduce risk of cancer. Increase your daily intake by adding carrots to a smoothie in the morning, some cherry tomatoes to your salad for lunch and snacking on watermelon or pink grapefruit to increase you daily intake. The USDA recommends to eat 5-9 servings of fruits and vegetables each day.

<https://www.medicalnewstoday.com/articles/316720.php>

https://www.breastcancer.org/tips/nutrition/reduce_risk/foods/lycopene



BEST SPORTS BRAS

by Rebecca Tull, CPT

How much thought do you put into something that is rarely ever seen? The right sports bra for the right activity can help women stay comfortable and supported throughout their day. More importantly, a properly fitted sports bra can help you lead an active lifestyle without discomfort. The next time you shop for sports bras take the following into consideration: support, band, straps, underwire, wicking fabric, back closure, and fit.

Support:

Low Impact – Walking, Yoga, Strength Training

Medium Impact – Hiking, Road Cycling, Skiing

High Impact – Running, Aerobic Activity (HIIT), Mountain Biking

Types of Bras:

Compression – Breasts are compressed to the chest wall to restrict movement. Best for low-medium impact activities.

Encapsulation – Each breast is surrounded and supported separately. Best for low-impact activities.

Compression and Encapsulation – A combination of both types while providing the most support and comfort. Best for high-impact activities.

Straps: (Thin straps provide less support than wide straps.)

Criss-Cross – Criss Cross in the back, straps are adjustable.

Racerback – Y-shape in the back. Straps are NOT adjustable.

Tank Top – Similar to everyday bras. Adjustable straps.

How It Should Fit:

Chafing – Make sure the straps, clasps and band don't rub.

Straps – Two fingers should fit between your straps and shoulders. Too loose, not enough support. Too tight, it can rub or chafe.

Band – Raise arms above head and see how the bra moves. If the band raises, it may be too big.

Cup – Breasts should be in the center of the cup. Fabric wrinkles, cup is too big. Breast overlapping, cup is too small.

Support – Test the bra by running in place, moving, and bending. We are not meant to be still!

NATIONAL WALK TO SCHOOL DAY

by Megan Rodriguez, Florida Department of Health in Marion County

International Walk to School Day is an annual event, celebrated each October, that teaches students the concepts of how to walk safely to school. Children who walk to school can improve their health, gain independence and confidence and arrive at school energized and ready to learn. Walk to School Day is organized by the Marion County Community Traffic Safety Team and supported by Safe Routes to School, Safe Kids Marion, Marion County Fire Rescue, Ocala Police Department, Marion County Sheriff's Department, Marion County Board of County Commissioners, and the Florida Department of Health. This year Walk to School Day in Marion County will be held at Maplewood Elementary on October 2. Children will encounter scenarios showcasing possible dangers that will test their pedestrian related safety skills, stranger awareness and walking environment.

More information can be found at <https://www.safekids.org/international-walk-school-day>



GET AMP'D UP MARION

by Amber Toole, The Training Toole owner and personal trainer

The Training Toole AMP Team consist of clients, friends, and family members. Carol Hailend is the standout leader, with 20,000 steps a day! Since most of our group are active people, we have friendly competitions between those of us that are close in points. There are many texts between us to let our competitors know when we have surpassed them. There might be a little smack talking, too.

We have loved being part of AMP. It was such a surprise to get prizes!! Each quarter, we look forward to seeing what new, cool prize each of us will win. One of our team members, Patti Conrad, said that they use the paddle ball at her work. She definitely works up a sweat, right in her office! How fun!

@ACTIVEMARION

“

*Energy & persistence
conquer all things.*

”

-Benjamin Franklin

MOTIVATION MINUTE

How to win at life

Today I listen to a great podcast by **Andy Stanley** titled "*How to win at life*". I was expecting to hear some distinct points or goals that I should do in my life, but what he preached was even better. He explained that winning at life is very individual. What is considered a win in my life may not be considered a win in your life- whether that be in marriage, faith, career, friends or even your health.

It got me thinking, even though everybody's win is different, **everybody's win is significant**. No matter what your win is, don't compare your win to other people. You are unique and special!

Write down your win so that it is a visual reminder of what you want to accomplish. Be proud of the little wins that you have every day and how they help you get to the big wins in life.



#jointhemovement