**365-Day “Olymp-i-a Challenge” for HEALTH- Year 1**

**Author: Lesa R. Walker, MD, MPH\*\***

**\*\*Author’s comments:** In this document I present my daily positive ideas and actions for health, generated (and posted in Facebook) in the Year 2011. This journal is a journey of positive discovery. I hope it provides you with inspiration for your own positive ideas and actions for health. Many of the ideas and actions are timeless and are relevant now and in the future. Some, however, are specific to a particular event in 2011. Nevertheless, the journal entries provide you with tangible examples of positive steps taken on a daily basis. The journal entries frequently include and reference websites and their content. Due to the fluid and changing landscape of the Internet, some links may not work over time. If a link does not work or a website no longer exists, you can enter key words from the subject matter of the journal entry in “Google” or other search engine to locate current relevant websites and launch your own exploration. As you will see, the journal entries reflect my personal interests, passion, and culture. They serve merely as prompts to motivate and encourage you to create your own, personal and unique journey.

After reading an idea or action, write down your own positive idea or action for that day along with the date and re-save this file so you record your positive idea or action. Do this as often as you can over time. Ideally, do this for 21-30 consecutive days to help engrain the habit. The more you practice, the stronger you become! You will create a living journal of your positive ideas and actions.

**365 Daily Positive Ideas and Actions for Health:**

**Day 1: OLYMP-I-A for HEALTH: Action: In order to network with others and build a support group for the “Olymp-i-a Challenge,” I updated my “Olymp-i-a for Health” Group on Facebook to engage people in positive ideas and actions for health.**

**Day 2: OLYMP-I-A for HEALTH: Action: To help me connect with others and access health information, I started following additional "Health" groups on Twitter.**

**Day 3: OLYMP-I-A for HEALTH: Action: Well... I flossed my teeth- a small step, I know, but I'm working on doing this more regularly, with the incentive of preventing hardship in the dental chair.**

**Day 4: OLYMP-I-A for HEALTH: Idea: I am thinking about a routine to help me do weight-bearing exercises regularly. Being good to my bones!**

**Day 5: OLYMP-I-A for HEALTH: Action: I went on a nice walk tonight with my dog. The night air was crisp and refreshing.**

**Day 6: OLYMP-I-A for HEALTH: Action: Today I attended a meeting to discuss health care funding and legislation for people with disabilities.**

**Day 7: OLYMP-I-A for HEALTH: Action: Today I brushed my dog's teeth. Helps prevent extensive and expensive dental work, loss of teeth, etc. The importance of preventive health spans all species.**

**Day 8: OLYMP-I-A for HEALTH: Action: I attended the Kung Fu class of Master Joe Schaefer. He talked about the way to achieve maximum health. Be in the moment. Let the breath and the will be one.** [www.austinkungfu.com](http://www.austinkungfu.com)

[Austin Shaolin Kung Fu and Tai Chi Chinese martial art program that offers traditional Tai Chi](http://www.austinkungfu.com/)

**Day 9: OLYMP-I-A for HEALTH: Action: Today I went to Shaolin-Do Kung Fu conditioning class and also did some kata practice on my own. I usually go to Kung Fu classes at least four times a week. I always, and I mean ALWAYS, feel better after experiencing the mental and physical exercise of Kung Fu.**

**Day 10: OLYMP-I-A for HEALTH: Action: Today I ate great veggies- roasted brussel spouts, sautéed green beans, and mashed sweet potatoes. Yum!**

**Day 11: OLYMP-I-A for HEALTH: I went to Kung Fu class tonight. It was birthday celebration night! Multiple katas, 216 push-ups, 216 crunches, 200 knee bends, and 16 frog-leaps later.... It can't get better than this! Just bow and begin!**

**Day 12: OLYMP-I-A for HEALTH: Action: I noticed the "No GMOs" label on some food I had bought, googled "GMO" (which stands for "Genetically Modified Organisms") and read an article on "How to Avoid Genetically Modified Foods."** [**http://www.wikihow.com/Avoid-Genetically-Modified-Foods**](http://www.wikihow.com/Avoid-Genetically-Modified-Foods)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.wikihow.com/Avoid-Genetically-Modified-Foods&h=BAQGJdYS1&s=1)[](http://www.wikihow.com/Image:Carica-papaya---papaya---3709.jpg)

**[How to Avoid Genetically Modified Foods - wikiHow](http://www.wikihow.com/Avoid-Genetically-Modified-Foods" \t "_blank)**

[www.wikihow.com](http://www.wikihow.com/Avoid-Genetically-Modified-Foods" \t "_blank)

[wikiHow article about How to Avoid Genetically Modified Foods](http://www.wikihow.com/Avoid-Genetically-Modified-Foods" \t "_blank)

**Day 13: OLYMP-I-A for HEALTH: Action: Things are a little on the downside in our house because our dog is sick; so, to soothe our souls, we rested and listened to the music of Kenny Loggins and Richard Marx on a public TV (KLRU) music special.**

[](https://www.facebook.com/KLRUAustinPBS?ref=nf)

KLRU-TV, Austin PBS, inspiring Austin for 50 years. Get details about our birthday week celebration at <http://www.klru.org/inspiringaustin/>

**Day 14: OLYMP-I-A for HEALTH: Action: Today I "picked up" some weight training tips from a friend. At this point, that's all I'm picking up. But it's a start :)).**

**Day 15: OLYMP-I-A for HEALTH: Idea: I believe there are few things more health-restoring than a good, relaxing massage.**

**Day 16: OLYMP-I-A for HEALTH: Action: Today I worked out doing Kung Fu katas and then did some weight lifting, trying to help keep my bones healthy.**

**Day 17: OLYMP-I-A for HEALTH: Action: My neighbor and I walked our dogs together out in the cool, brisk night air with the stars shining brightly. Beautiful and refreshing! (My dog is feeling much better!- Yeah!)**

**Day 18: OLYMP-I-A for HEALTH: Idea: Those who are caregivers and who help take care of the health care needs of others need to be sure to make some time to take care of themselves. Everyone's health is important.**

**Day 19: OLYMP-I-A for HEALTH: Action: I ran down the street full blast with my dog. We both got a good sprint out of it. It is amazing how a dog with short legs can fly.**

**Day 20: OLYMP-I-A for HEALTH: Action/Idea: Noticed a new marketing development. What if we could harness this ingenuity to put 8 shots of HEALTH in a can? Why is it so easy to market liquor and so difficult to market health? Intriguing.** <http://newsfeed.time.com/2011/01/19/whisky-8-shots-of-it-in-a-can-what-could-possibly-go-wrong/>



**[Whisky (8 Shots of It) In A Can: What Could Possibly Go Wrong? - TIME NewsFeed](http://newsfeed.time.com/2011/01/19/whisky-8-shots-of-it-in-a-can-what-could-possibly-go-wrong/" \t "_blank)**

[newsfeed.time.com](http://newsfeed.time.com/2011/01/19/whisky-8-shots-of-it-in-a-can-what-could-possibly-go-wrong/" \t "_blank)

**Day 21: OLYMP-I-A for HEALTH: Idea: I love the taste of a baked sweet potato or yam. Next time I crave something sweet, I may cook up a yam for a tasty treat. It's like a dessert... add a little cinnamon, nutmeg.... ahhhhh. Especially good on a cold night.**

**Day 22: OLYMP-I-A for HEALTH: Action: Today, I went to eat at a restaurant. I saw on the menu that certain items were marked as a "healthy choice." These were colorful, inviting meals with fresh fruit and vegetables and some included small-portions of lean meat. I decided to order one of these meals and found it to be delicious.**

**Day 23: OLYMP-I-A for HEALTH: Action: Today I worked on a report to help improve services and health care for children with disabilities.**

**Day 24: OLYMP-I-A for HEALTH: Action: I was feeling a little "under the weather." So, I balanced my life and rested. Good rest is rejuvenating!**

**Day 25: OLYMP-I-A for HEALTH: Idea: Today I complete 25 days of the "OLYMP-I-A for HEALTH." I've found it to be a challenge, just like a marathon is, but it is essential cross-fit training. I find myself more intentional in my ideas and actions for health. I believe we CAN shape our lives to more positive living!**

**\*\*Extra Comment: The courage of the marathon runner is admirable. The courage of the OLYMP-I-AN is indelible! You are changing your life to the positive day by day. I'm handing out virtual gels to all [Olymp-i-a] "runners." We are paving the way for others. Don't give up!**

**Day 26: OLYMP-I-A for HEALTH: Action: I followed up on a medical screening and started preventive care.**

**Day 27: OLYMP-I-A for HEALTH: Action: I met and discussed the health care needs of children with disabilities with two state-level action/advocacy groups.**

**Day 28: OLYMP-I-A for HEALTH: Idea: I am thinking about how much my dog helps my health. Because of her I make the extra effort to take more walks and I enjoy the outdoors more.**

**Day 29: OLYMP-I-A for HEALTH: Idea: Stretching can be a meditation, especially if you breathe into your stretching and let your breath carry you into a deeper stretch.**

**Day 30: OLYMP-I-A for HEALTH: Action: I worked to compile and develop the content and illustrations for an online report to inspire and increase awareness of children with special health care needs and their families:** [**http://nightlightreport.blogspot.com/**](http://nightlightreport.blogspot.com/)

**[The Nightlight Report](http://nightlightreport.blogspot.com/" \t "_blank)**

[nightlightreport.blogspot.com](http://nightlightreport.blogspot.com/" \t "_blank)

[This Report is a tribute to Texas children with disabilities and their families and to the 82nd Texas Legislature. The Report is a compilation of positive ideas and actions about children with](http://nightlightreport.blogspot.com/" \t "_blank)

**Day 31: OLYMP-I-A for HEALTH: Idea: One of the best approaches to life and life's challenges is the message I've gotten from my Shaolin Do Kung Fu and Tai Chi training: "Bow and begin."**

**Day 32: OLYMP-I-A for HEALTH: Action: I drafted language for a personal testimony to the Legislature regarding the health care needs of children with disabilities.**

**Day 33: OLYMP-I-A for HEALTH: Action: I finalized my public testimony and created a flyer for the Senate Finance Committee of the Legislature regarding the health care needs of children with disabilities... was working on it all night :)).**

**Day 34: OLYMP-I-A for HEALTH: Actions: I attended the Senate Finance hearing and heard exceptional testimony regarding health needs and services. I also visited a local TV station to discuss the "Nightlight Report":** [**http://nightlightreport.blogspot.com/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fnightlightreport.blogspot.com%2F&h=2AQFFUgjuAQGE7NGhuYKk79nkGInyYnRouozvtC-Fz40Puw&s=1)**.**

**Day 35: OLYMP-I-A for HEALTH: Action: To spread the news about the "Nightlight Report" I prepared a flyer that will be distributed at the 2011 national conferences of the Association for Maternal and Child Health Programs (AMCHP) and Family Voices, February 12-15, 2011, in Washington D.C.** <http://www.amchp.org/Pages/default.aspx>; <http://www.familyvoices.org/>

**Day 36: OLYMP-I-A for HEALTH: Action: I went to my Kung Fu class and got great exercise. It was rejuvenating!**

**Day 37: OLYMP-I-A for HEALTH: Action: On a walk with my dog, I watched her pause and stand very still, all her senses were working to take in the moment. I stopped with her and let the moment absorb the full attention of all my senses. I could feel all negativity and tension fade away.**

**Day 38: OLYMP-I-A for HEALTH: Action: I presented public testimony today at the Senate Finance Committee hearing on behalf of children and people with disabilities.**

**Day 39: OLYMP-I-A for HEALTH: Action: My neighbor and I walked our dogs together and we all got fresh air (quite a bit since it was very windy) and great exercise. Also, I got to see my dog's smiling face as she happily "flew" down the street.**

**Day 40: OLYMP-I-A for HEALTH: Action: I called Senators and Representatives in Congress to support health care funding for women, infants, children, & adolescents, and children with special health care needs.**

**Day 41: OLYMP-I-A for HEALTH: Action: I spread information about the "Nightlight Report" (which has 90 public comments and counting...) to share the Report's voices and stories and strengthen the call to action for health care and essential services for children/people with disabilities and their families.** [**http://nightlightreport.blogspot.com/**](http://nightlightreport.blogspot.com/)

**Day 42: OLYMP-I-A for HEALTH: Idea: How wonderful it would be if there were 1000s of comments entered in the "Nightlight Report" to speak out for children with disabilities. There are 90 comments now. Anyone who cares about children with disabilities is welcome to enter a comment. It would be great if people would take just 5 minutes to enter a comment!** [**http://nightlightreport.blogspot.com/**](http://nightlightreport.blogspot.com/)

**Day 43: OLYMP-I-A for HEALTH: Action: Shared widely 102 testimonies, and counting, from people across the state regarding health care and service needs of children, youth, and adults with disabilities and their families.** [**http://nightlightreport.blogspot.com/**](http://nightlightreport.blogspot.com/)

**Day 44: OLYMP-I-A for HEALTH: Action: I led a conditioning class at Kung Fu. My muscles are singing :)).**

**Day 45: OLYMP-I-A for HEALTH: Action: I testified before the House Appropriations Committee regarding the need for funding to support services for children with disabilities and their families. I provided 45 pages of 150+ comments from the "Nightlight Report" to Legislators to share the voices of families from all over the state.** [**http://nightlightreport.blogspot.com/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fnightlightreport.blogspot.com%2F&h=AAQGEePxyAQGGdUqPySMYbJcYonPEpPYmny60pHMtzd4p8A&s=1)

**Day 46: OLYMP-I-A for HEALTH: Action: I attended a press conference to announce a petition with over 12,200 signatures to support continued funding for Medicaid home and community-based waiver services to enable people with disabilities to live independently in the community.**

**Day 47: OLYMP-I-A for HEALTH: Action: I took my dog on two walks- once in the daylight and once at night. The weather was great and the exercise was much needed by both of us!**

**Day 48: OLYMP-I-A for HEALTH: Action: I stretched for about 30 minutes- great way to relax, breathe, and de-stress.**

**Day 49: OLYMP-I-A for HEALTH: Idea: It's marathon time in town. I'm thinking about last year when I ran the marathon and the power of that experience. The marathon is like life, lots of challenges (both external and internal), water-stops along the way, aches, pains, camaraderie, and elation, all packed into an amazing adventure!**

**Day 50: OLYMP-I-A for HEALTH: Action: Today I reach my 50-day landmark. Onward to the OLYMP-I-A finish line! It is fitting that on this day I handed out over 800 flyers about the OLYMP-I-A at the RunTex booths of the Austin Marathon Expo.**

**Day 51: OLYMP-I-A for HEALTH: Action: I got a good work-out at Kung Fu and practiced a demo for the 20th Anniversary Shaolin Do Austin tournament scheduled for next weekend.**

**Day 52: OLYMP-I-A for HEALTH: Action: I had a day off from work so I got to rest and sleep late, catch-up on housework and errands, and take a walk with my dog in the afternoon. It is a beautiful, low-stress, health-restoring day.**

**Day 53: OLYMP-I-A for HEALTH: Action: I've heard from several of the Austin Marathon half-marathon and marathon runners about the positive ideas that kept them going during the run. Looking for positive things relating to health, green-living, and peace/goodwill along the way helped bring inspiration and positive energy to their runs.**

**Day 54: OLYMP-I-A for HEALTH: Action: Today, I happily discovered a new … participant in the OLYMP-I-A Challenge for HEALTH.**

**Day 55: OLYMP-I-A for HEALTH: Action: I watched many people testing for different level belts at our Kung Fu/ Tai Chi school tonight. They had all trained hard and it paid off. Inspiring to watch! With dedication and practice comes great change and progress!**

**Day 56: OLYMP-I-A for HEALTH: Action: I took a long walk (and sometimes run) in the beautiful, blue-sky afternoon. The air was crisp and cool. Perfect for racing along after my dog!**

**Day 57: OLYMP-I-A for HEALTH: Action: I attended the 20th Year Anniversary Tournament of my Shaolin-Do Kung Fu School and participated in a demo. Most of all I was inspired by all those participating in the tournament, from the very young to the very... "wise" :)).**

**Day 58: OLYMP-I-A for HEALTH: Action: I attended an amazing and inspiring seminar by Grand Master Sin The that revealed exercises to maintain health, mental acuity, and long life.**

**Day 59: OLYMP-I-A for HEALTH: Action: I snacked on some dried blueberries- delicious!**

**Day 60: OLYMP-I-A for HEALTH: Action: I participated in a march and rally at the Capitol to speak out for health care services and home and community support services for children, youth, and adults with disabilities.**

**Day 61: OLYMP-I-A for HEALTH: Action: I took a step toward preventive health by preparing for a health screening examination.**

**Day 62: OLYMP-I-A for HEALTH: Action: I celebrated the health and long life of a 95 year wise woman.**

**Day 63: OLYMP-I-A for HEALTH: Action: I took a long walk, breathing in the smells of budding flowers and fresh cut grass and enjoying the refreshing day. I went down a different road and happened to see a friend I had not seen in a long time. A good walk for body, mind, and soul.**

**Day 64: OLYMP-I-A for HEALTH: Action: Had a wonderful, strenuous work-out at Kung Fu with great friends, some of whom I had not seen in a while. A great reunion!**

**Day 65: OLYMP-I-A for HEALTH: Action: I attended a wonderful rally of young people for a Festival of Friendship in support of eliminating the "R-Word."**

[](https://www.facebook.com/pages/Real-Texans-Dont-Use-the-R-Word-Week/195248317153634?ref=nf)

When someone says the word “retard”, whether they mean to or not, it implies that the object of the comment is somehow lesser than something else. Imagine what it feels like to be an individual with intellectual disabilities, with countless talents and amazing abilities, and to be forever trapped by...

**Day 66: OLYMP-I-A for HEALTH: Action: I did a home weight-training workout- trying to increase my weight-bearing exercise for good bone health.**

**Day 67: OLYMP-I-A for HEALTH: Action: I attended a Legislative hearing on proposed legislation to eliminate the "R-Word." I (and many others in attendance) submitted signed testimony in support of the legislation. The bill was voted favorably out of Committee.**

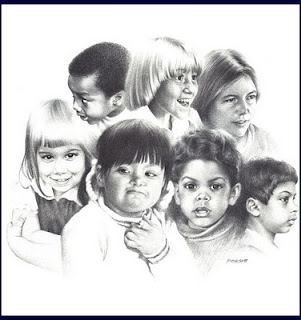
**Day 68: OLYMP-I-A for HEALTH: Idea: I'm thinking it might be fun to try snacking on fresh, uncooked green beans, corn on the cob, and cut-up potatoes as crunchy and different snacks. Maybe sprinkle on a little seasoning? We'll see how it goes :)).**

**Day 69: OLYMP-I-A for HEALTH: Action: I had a health screening exam. All went well.**

**Day 70: OLYMP-I-A for HEALTH: Action: I practiced a new kata I learned in Kung Fu. A good work-out!**

**Day 71: OLYMP-I-A for HEALTH: Action: I had a great work-out in my Kung Fu class and also did some weight-training for my bone health.**

**Day 72: OLYMP-I-A for HEALTH: Action: Prepared flyers about the "Nightlight Report" for people to share with Legislators at the Texas Families Unite Rally. The Report contains 219 public comments demonstrating the critical importance of health care and community-based services for children, youth, and adults with disabilities.** [**http://nightlightreport.blogspot.com/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fnightlightreport.blogspot.com%2F&h=HAQHAa5S8AQFV-u6bbVdmx9ehljm2wocF9TIWGwycKxq_bQ&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://nightlightreport.blogspot.com/&h=-AQHmR-p2&s=1)[](http://4.bp.blogspot.com/_fkfWqlg18KA/TUjZvedzfpI/AAAAAAAAAOA/iFQCzHeN9Wo/s1600/Perske+80-+Border.jpg)

**[The Nightlight Report](http://nightlightreport.blogspot.com/" \t "_blank)**

[nightlightreport.blogspot.com](http://nightlightreport.blogspot.com/" \t "_blank)

[This Report is a tribute to Texas children with disabilities and their families and to the 82nd Texas Legislature. The Report is a compilation of positive ideas and actions about children with](http://nightlightreport.blogspot.com/" \t "_blank)

**Day 73: OLYMP-I-A for HEALTH: Action: Participated in the Texas Families Unite Rally at the Capitol and helped take families to make visits to Legislators. The Rally urged Legislators to fund (and not cut) essential health care and community-based services for children, youth, and adults with disabilities.**

**Day 74: OLYMP-I-A for HEALTH: Action: I got good exercise with good friends. I went to Kung Fu class and learned some new katas. Then, my neighbor and I walked our dogs around the block.**

**Day 75: OLYMP-I-A for HEALTH: Action: I ate a delicious and healthy meal, featuring seasonal ingredients from local, organic farms, at a locally run and operated small cafe. It's good to buy local.**

**Day 76: OLYMP-I-A for HEALTH: Idea: I am trying to keep in mind and constantly remind myself of the importance of sitting up straight and keeping a good posture, especially while sitting for long periods at the computer.**

**Day 77: OLYMP-I-A for HEALTH: Action: While working at the computer I took a few minutes every so often to do some quick chair exercises.**

**Day 78: OLYMP-I-A for HEALTH: Action: I made a contribution to Goodwill to go toward their work to provide jobs for people with disabilities. Having a job helps support health.**

**Day 79: OLYMP-I-A for HEALTH: Action: Great workout at Kung Fu today- I practiced katas and then had a conditioning class. Good times!**

**Day 80: OLYMP-I-A for HEALTH: Action: Walked my dog with a friend and enjoyed a balmy evening and good exercise.**

**Day 81: OLYMP-I-A for HEALTH: Action: I am taking some new supplements to increase my bone and joint health.**

**Day 82: OLYMP-I-A for HEALTH: Action: I took two walks- one in the bright sunshine of a beautiful blue-sky afternoon and one under a blanket of stars.**

**Day 83: OLYMP-I-A for HEALTH: Action: Good workout at Kung Fu class! Heart pumping action :)).**

**Day 84: OLYMP-I-A for HEALTH: Action: I helped plan a Rally to champion the voices of children, youth, and adults with disabilities and speak out for funding of essential health services. As part of the Rally I will lead a Nightlight Vigil on the South steps of the Capitol in Austin, Texas from 8-10 pm on April 1st. Public comments/stories from the Nightlight Report will be read. Everyone welcome!** [**http://nightlightreport.blogspot.com/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fnightlightreport.blogspot.com%2F&h=pAQFr32_VAQFw-MzBn9qVN1XbXFD8TZRn7sOlqfCjoTiaYA&s=1)

**Day 85: OLYMP-I-A for HEALTH: Action: I got good rest and woke up refreshed this morning. I took a walk in the cool morning air.**

**Day 86: OLYMP-I-A for HEALTH: Action: Great work out at Kung Fu! I was exercised and stretched to the max :)).**

**Day 87: OLYMP-I-A for HEALTH: Action: Went on a fast-paced walk with my dog.**

**Day 88: OLYMP-I-A for HEALTH: Action: Had a health check-up.**

**Day 89: OLYMP-I-A for HEALTH: Action: Worked long hours preparing for a Nightlight Vigil at the Capitol coming up soon.**

**Day 90: OLYMP-I-A for HEALTH: Action: Worked more hours, prepping for the Nightlight Vigil at the Capitol to call for funding of health services for children, youth, and adults with disabilities.**

**Day 91: OLYMP-I-A for HEALTH: Action: M.C.'d the Nightlight Vigil at the Capitol from 7:45-10 pm. Lights lit up the walk leading up to the Capitol spelling "SOS" for "Save Our State." We called for funding of essential health services for children, youth, and adults with disabilities.**

[](https://www.facebook.com/photo.php?fbid=1963460052480&set=o.22711001428&type=1&relevant_count=1&ref=nf)

**Day 92: OLYMP-I-A for HEALTH: Action: Shared newscast of the Nightlight Vigil at the Capitol, April 1, 2011, widely with different advocacy groups and the public at large.**

**Day 93: OLYMP-I-A for HEALTH: Action: Shared widely a YouTube video of 8 year old Tucker Waters who gave a powerful and moving speech at the Nightlight Vigil, April 1, 2011. He speaks to the heart of the matter. Hoping that people are listening!**



**[Texans Unite Against Medicaid Cuts](http://www.youtube.com/watch?v=OBacNrQsJ5Q" \t "_blank)**

[gdata.youtube.com](http://www.youtube.com/watch?v=OBacNrQsJ5Q" \t "_blank)

[This is a video about the proposed tax cuts and their effects on Texans with disabilities. Tucker Waters speaks about his personal experiences and his thankfulness for early intervention. Tucker has Cerebral](http://www.youtube.com/watch?v=OBacNrQsJ5Q" \t "_blank)

**Day 94: OLYMP-I-A for HEALTH: Action: Took the day at a little slower pace to restore balance- breathing in, breathing out.**

**Day 95: OLYMP-I-A for HEALTH: Action: I went on a walk and literally stopped to smell the roses, the irises, the bluebonnets, etc. I got a dose of nature's aroma therapy.**

**Day 96: OLYMP-I-A for HEALTH: Action: I bought organic fruit and vegetables at the grocery store.**

**Day 97: OLYMP-I-A for HEALTH: Action: Heart-pumping exercise at Kung Fu! A great workout!**

**Day 98: OLYMP-I-A for HEALTH: Action: As I went on a walk around the neighborhood, I actively worked on straightening my posture and breathing in deeply. I find that I need to be more aware of my body's tendency to slump, a habit that is easy to fall into, especially when sitting at the computer for long periods of time.**

**Day 99: OLYMP-I-A for HEALTH: Action: I took a walk on the beautiful Town Lake trail and was rejuvenated by the sunshine, the beautiful flowers. The trail and the people there radiated a genuine love of life.**

**Day 100: OLYMP-I-A for HEALTH: Action: Completing 100 days! I was driving and saw a billboard for "Good Goes." I looked it up on the web and on Facebook and found out more. It is a non-profit organization that works to mobilize citizen action in the U.S. to help local health workers help save more children worldwide.** [**http://www.facebook.com/goodgoes?sk=info**](http://www.facebook.com/goodgoes?sk=info)

[](https://www.facebook.com/goodgoes?ref=nf)

[**GoodGoes.org**](https://www.facebook.com/goodgoes)

Save the Children and the Ad Council are working together to mobilize citizen action in the U.S. to help local health workers help save more children worldwide. Frontline local health workers help children all over the world survive threats like newborn complications, pneumonia, diarrhea, malaria,...

**Day 101: OLYMP-I-A for HEALTH: Action: Today, during work, I did arm-chair exercises for a quick workout while at my desk.**

**Day 102: OLYMP-I-A for HEALTH: Action: I wrote to the Washington Post to Families USA in response to the Washington Post article, "Individual Stories Are Weapon of Choice in Fight Over Health-Care Law". I shared with them stories of Texans and the impact of proposed budget cuts to essential health services, including Medicaid.**

**[Individual stories are weapon of choice in fight over health-care law](http://www.washingtonpost.com/national/individual-stories-are-weapon-of-choice-in-fight-over-health-care-law/2011/04/04/AFj0rz9C_story.html" \t "_blank)**

[www.washingtonpost.com](http://www.washingtonpost.com/national/individual-stories-are-weapon-of-choice-in-fight-over-health-care-law/2011/04/04/AFj0rz9C_story.html" \t "_blank)

[For Democrats and supporters of the health-care law, the weapon of choice in the fight over implementation is the](http://www.washingtonpost.com/national/individual-stories-are-weapon-of-choice-in-fight-over-health-care-law/2011/04/04/AFj0rz9C_story.html" \t "_blank)

**Day 103: OLYMP-I-A for HEALTH: Action: I took some time to rest, relax, and read a good book.**

**Day 104: OLYMP-I-A for HEALTH: Action: I submitted a story to the Children's Defense Fund to demonstrate the impact of proposed state and federal budget cuts on children with disabilities.**

**Day 105: OLYMP-I-A for HEALTH: Action: In a busy day, I stopped and slowed down a little and played with my dog. Dogs are good for our health.**

**Day 106: OLYMP-I-A for HEALTH: Action: Attended my Kung Fu class and was inspired by the words of Master Joe Schaefer to dedicate myself to the process, the journey of Kung Fu and life.**

**Day 107: OLYMP-I-A for HEALTH: Action: After a strenuous workout at Kung Fu conditioning class, I felt ultra-alive- every muscle was speaking to me!**

**Day 108: OLYMP-I-A for HEALTH: Action: I visited and celebrated the health and long-life of a dear person in my life who is 95 years young.**

**Day 109: OLYMP-I-A for HEALTH: Action: Celebrated the birthday and wished long life and health to a good friend.**

**Day 110: OLYMP-I-A for HEALTH: Action: Participated in an event that highlighted the relevance of moral principles and compassion when decisions are made to fund or not to fund essential health services for people with disabilities.**

**Day 111: OLYMP-I-A for HEALTH: Action: Met with a group of dedicated people who are mobilizing to ensure that everyone can have access to health, education, and other essential services.**

**Day 112: OLYMP-I-A for HEALTH: Action: I read about an urgent plea for help to prevent malaria. Donations for nets are going to help the increasing numbers of refugees from Cote d'Ivoire in Africa. Donations made before April 25th, World Malaria Day, will be matched (doubled). "Nothing But Nets" is also on Facebook at:** [**http://www.facebook.com/NothingButNets**](http://www.facebook.com/NothingButNets)**.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.nothingbutnets.net/malaria-kills/&h=4AQH68Ns0&s=1)[](https://www.facebook.com/photo.php?fbid=10150694536225387&set=a.10150248204340387.532618.16988535386&type=1)

**[Malaria Kills | Nothing But Nets Campaign](http://www.nothingbutnets.net/malaria-kills/" \t "_blank)**

[www.nothingbutnets.net](http://www.nothingbutnets.net/malaria-kills/" \t "_blank)

[The UN Foundation has been working with the UN to fight malaria for years. But it was a column that Rick Reilly wrote about malaria in Sports Illustrated--and thousands of letters](http://www.nothingbutnets.net/malaria-kills/" \t "_blank)

**Day 113: OLYMP-I-A for HEALTH: Action: Exercised commitment to health. Got up. Got out. Went to Kung Fu class. Welcomed the day with my whole body in action, all senses experiencing life.**

**Day 114: OLYMP-I-A for HEALTH: Action: Started the day with a wonderfully delicious macrobiotic organic breakfast with beans, vegetables, greens (with tahini sauce), & fresh corn tortillas. Amazing!**

**Day 115: OLYMP-I-A for HEALTH: Action: Took a walk at dusk with my dog and got some good exercise.**

**Day 116: OLYMP-I-A for HEALTH: Action: Got a health check-up and learned some important info.**

**Day 117: OLYMP-I-A for HEALTH: Action: Ate a tasty veggie burger.**

**Day 118: OLYMP-I-A for HEALTH: Action: Worked out my body and brain at Kung Fu doing multiple katas. Good times!**

**Day 119: OLYMP-I-A for HEALTH: Action: I noticed a woman at my work who has started standing at her desk, instead of sitting. She has moved her computer, etc. up so she can work while standing. I asked her about it and she said she did it because it was not healthy to sit at a computer all the time. Interesting approach... I might try it on occasion to break up the sitting routine.**

**Day 120: OLYMP-I-A for HEALTH: Action: Ate a meal with friends at a restaurant serving locally grown, organic produce.**

**Day 121: OLYMP-I-A for HEALTH: Action: I spent time with good friends, had fun, and shared lots of laughs. Humor and laughter are healing for the soul.**

**Day 122: OLYMP-I-A for HEALTH: Action: I had seen a sign for "Comfort the Children" several days ago and then happened to meet someone today who knows the people who started the organization. Coincidence?? I checked out the Facebook page and the website and found out about their health, education, and environmental efforts in Kenya:** <http://www.ctcinternational.org/>

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.ctcinternational.org/who-we-are/meet-ctc&h=SAQEnluWH&s=1)**[](http://www.ctcinternational.org/)**

**Day 123: OLYMP-I-A for HEALTH: Action: Going for a walk with my dog in a bright, warm Springtime afternoon.**

**Day 124: OLYMP-I-A for HEALTH: Action: I read and kept up with news on state and federal funding legislation impacting health and human services and specifically services for people with disabilities.**

**Day 125: OLYMP-I-A for HEALTH: Action: Exercised mind and body at Kung Fu class.**

**Day 126: OLYMP-I-A for HEALTH: Action: I have wonderfully flavorful organic apples that I pack for my lunch almost every day. I buy them by the bag. A simple, tasty, and healthy snack!**

**Day 127: OLYMP-I-A for HEALTH: Action: I found out about a TV show, "Extraordinary Moms" premiering on May 7 at 8 pm EDT/PDT on the Oprah Winfrey Network which will discuss and highlight the urgent need for clean cookstoves and efforts to reduce indoor air pollution.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://cleancookstoves.org/&h=JAQE39DbX&s=1)

**[Global Alliance for Clean Cookstoves](http://cleancookstoves.org/" \t "_blank)**

[cleancookstoves.org](http://cleancookstoves.org/" \t "_blank)

[The Global Alliance for Clean Cookstoves is an initiative that aims to save lives, improve livelihoods, and combat climate change by creating a thriving global market for clean and](http://cleancookstoves.org/" \t "_blank)

**Day 128: OLYMP-I-A for HEALTH: Action: Good stretch and workout at Kung Fu conditioning class.**

**Day 129: OLYMP-I-A for HEALTH: Action: Took a nice, breezy walk with my dog and enjoyed watching a football practice at our neighborhood park.**

**Day 130: OLYMP-I-A for HEALTH: Action: Did some weight-bearing exercise today for good bone health.**

**Day 131: OLYMP-I-A for HEALTH: Action: Had a delicious salad of edamame, chick peas, sweet peas, carrots, cucumber, olives, and spinach for supper.**

**Day 132: OLYMP-I-A for HEALTH: Action: Can't get enough of that Kung Fu. Good workout...always invigorating!! Also, I got to see my good friends.**

**Day 133: OLYMP-I-A for HEALTH: Action: Found a website that fits with the OLYMP-I-A for HEALTH. Check it out!** <http://www.meyouhealth.com/>

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://signup.meyouhealth.com/hf/&h=vAQEH3M0v&s=1)

**Day 134: OLYMP-I-A for HEALTH: Action: I enjoyed a beautiful, sunshine day outdoors, taking a long walk and gaining inspiration from all the people out walking, jogging, kayaking, canoeing, playing music, and celebrating life.**

**Day 135: OLYMP-I-A for HEALTH: Action: Celebrated the life, health, and prosperity of young man at his graduation.**

**Day 136: OLYMP-I-A for HEALTH: Action: I focused on getting my dog back to health. She had stitches last night and now she is patiently enduring the cone around her head and a t-shirt to cover the wound so she can't scratch it with her foot. On her mad dash to protect our yard from passersby, she tangled with a thorny rosebush. The trials and tribulations of a mighty, undaunted dachshund!**

**Day 137: OLYMP-I-A for HEALTH: Action: Practiced katas with friends.**

**Day 138: OLYMP-I-A for HEALTH: Action: I relaxed and read a good book... a simple way to de-stress.**

**Day 139: OLYMP-I-A for HEALTH: Action: Walked and danced in the rain puddles with my dog :))**

**Day 140: OLYMP-I-A for HEALTH: Action: Ate a great vegan meal- soup and salad and a vegan brownie (yum!).**

**Day 141: OLYMP-I-A for HEALTH: Action: Enjoyed a walk by the river with a friend. People were out jogging on the trail. Others were on the water in kayaks and canoes. I was surrounded by the fullness of life.**

**Day 142: OLYMP-I-A for HEALTH: Action: Learned an awesome and challenging new kata at a Women's Retreat at Austin Shaolin Do.**

**Day 143: OLYMP-I-A for HEALTH: Action: Did armchair push-ups today at work to break up the day with a little exercise. We need to avoid non-stop sitting for hours in front of computers.**

**Day 144: OLYMP-I-A for HEALTH: Idea: Had an idea about how to promote ideas, actions, inspiration, and resolutions for health, peace, and green-living by setting up inspiration/creativity/resolution points around the trail at Town Lake where people are invited to stop, gain inspiration, play music, write poetry, paint, etc. and then share their results online to bring their inspiration to others. Will check it out with the Trail Foundation.**

**Day 145: OLYMP-I-A for HEALTH: Action: Walked my dog just after dawn. A beautiful day! Cool breeze and clouds of pink and blue-gray.**

**Day 146: OLYMP-I-A for HEALTH: Action: Another walk (and run) in the cool, refreshing early morning air. Thanks to my dog, I got an exhilarating start to my day. Every day the sun rises again and there is a new start, a new awakening.**

**Day 147: OLYMP-I-A for HEALTH: Action: Found out that "Comfort the Children" (CTC) recently opened an HIV clinic in Kenya. A CTC volunteer medical team from Dell Children's Hospital left for Kenya earlier this week.**



**[World AIDs day celebration.](http://www.youtube.com/watch?v=vD69CwvnHAc&feature=related" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=vD69CwvnHAc&feature=related" \t "_blank)

**Day 148: OLYMP-I-A for HEALTH: Action: Great workout and good cheer at Kung Fu class. Practiced a new kata.**

**Day 149: OLYMP-I-A for HEALTH: Action: While walking today at the lake, I saw a white "Ghost Bike." Ghost Bikes are memorials to cyclists who have lost their lives in accidents with motor vehicles and remind us to be kind to cyclists, share the road, and promote cycling safety.** <http://ghostbikes.org>

**Day 150: OLYMP-I-A for HEALTH: Action: Set up a blog called the "Texas Toll" that will chronicle the aftermath of state budget cuts to health care, education, etc.:** [**http://texastoll.blogspot.com/**](http://www.facebook.com/l.php?u=http%3A%2F%2Ftexastoll.blogspot.com%2F&h=lAQFvTmYJAQGM4FIlqynTS7md1l2Xv9ToADK7ni-YdmWsvg&s=1)**.**

**Day 151: OLYMP-I-A for HEALTH: Action: Went on a walk and literally flew down the street with my dachshund. Quite a workout. Can't imagine what I'd feel like if I were a dachshund and my legs were just 4 inches long :))**

**Day 152: OLYMP-I-A for HEALTH: Action: Took a walk under the stars. It was cooler at night and felt great!**

**Day 153: OLYMP-I-A for HEALTH: Action: Attended the Texas House and Senate public hearings on the state budget regarding health care and public education.**

**Day 154: OLYMP-I-A for HEALTH: Action: Ate a delicious macrobiotic meal for supper at Casa de Luz.** [**http://www.facebook.com/casadeluz**](http://www.facebook.com/casadeluz)

[](https://www.facebook.com/casadeluz?ref=nf)

[**Casa de Luz**](https://www.facebook.com/casadeluz)

**Day 155: OLYMP-I-A for HEALTH: Action: Happy to see a returning friend at Kung Fu class. Got a great workout!**

**Day 156: OLYMP-I-A for HEALTH: Action: Took a relaxing walk at sunset and enjoyed magnificent clouds and a crimson sky.**

**Day 157: OLYMP-I-A for HEALTH: Action: Went on a walk in the evening with a neighbor. Enjoyed the cooler temperature and refreshing breeze.**

**Day 158: OLYMP-I-A for HEALTH: Action: Watched a moving video. We must increase and improve community-based services for people with disabilities and close down warehouse institutions.**[**http://www.youtube.com/watch?v=GdpKiVDSlDs&feature=youtu.be**](http://www.youtube.com/watch?v=GdpKiVDSlDs&feature=youtu.be)



**["She Never Knew She Never Knew"](http://www.youtube.com/watch?v=GdpKiVDSlDs&feature=youtu.be" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=GdpKiVDSlDs&feature=youtu.be" \t "_blank)

["She Never Knew (She Never Knew)" is based on the real life story of a woman who, as a young girl in the 1930's, was wrongfully sent to a state institution f...](http://www.youtube.com/watch?v=GdpKiVDSlDs&feature=youtu.be" \t "_blank)

**Day 159: OLYMP-I-A for HEALTH: Action: Got info from a "travel" clinic and a health check in preparation for my trip to Kenya this summer.**

**Day 160: OLYMP-I-A for HEALTH: Action: Enjoyed a relaxing, rejuvenating day on vacation with family in California. The simple pleasure of taking the day one moment at a time.**

**Day 161: OLYMP-I-A for HEALTH: Action: Visited the San Diego County Fair and ate a fresh roasted ear of corn with lemon pepper sprinkled on it. A delicious treat!**

**Day 162: OLYMP-I-A for HEALTH: Action: Got up and did my stretching and Kung Fu exercises while on vacation. Felt great! Wonderful way to start a beautiful day.**

**Day 163: OLYMP-I-A for HEALTH: Action: Enjoyed a boost in my emotional and spiritual health while experiencing memorable and joyful times with my family at my nephew's college graduation.**

**Day 164: OLYMP-I-A for HEALTH: Action: Rolling along the California coast on Hwy 1, I basked in the tranquility of nature and soothed my soul.**

**Day 165: OLYMP-I-A for HEALTH: Action: Went jogging along a pier in San Francisco Bay. The sea breeze was invigorating and the scenery incredible.**

**Day 166: OLYMP-I-A for HEALTH: Action: Sipped some wine in the California vineyards- a sunny, relaxing day.**

**Day 167: OLYMP-I-A for HEALTH: Action: Did some stretching and Kung Fu exercises and then went for a swim to cool off.**

**Day 168: OLYMP-I-A for HEALTH: Action: Had fun and got good exercise playing a fast-paced game of ping pong with my niece. Found out that my serve could use some major improvement!**

**Days 169-180: OLYMP-I-A for HEALTH: Actions: Catching up on the homefront after a trip: Enjoyed many walks with my dog, did Kung Fu warm-ups, katas, and conditioning, and went for a preventive health screening exam.**

**Day 181: OLYMP-I-A for HEALTH: Action: Recovered from a backache with a heating pad and core strengthening exercise.**

**Day 182: OLYMP-I-A for HEALTH: Action: Went for a walk and got caught in an unexpected and much needed (though brief) rain- felt wonderfully refreshing in the hot summer!**

**Day 183: OLYMP-I-A for HEALTH: Action: A friend from California was in town for a visit and we went for a swim at the lake. The water was glorious! A beautiful, relaxing day!**

**Day 184: OLYMP-I-A for HEALTH: Action: Took a walk (or should I say "run") with my dog in the coolness of early morning. We had fun racing the cars together :))**

**Day 185: OLYMP-I-A for HEALTH: Action: Bicycled through the neighborhood this morning and participated in the fun of the 4th of July parade.**

**Day 186: OLYMP-I-A for HEALTH: Action: Walked my dog in the early morning and went to Kung Fu class in the evening. Great ways to start and end the day.**

**Day 187: OLYMP-I-A for HEALTH: Action: This afternoon I took a much-needed nap, relaxed, and was able to get rid of a pesky headache. Yeah!**

**Days 188 and 189: OLYMP-I-A for HEALTH: Action: Took care of my stoic (but hurting) dog after she injured her neck and shoulder.**

**Day 190: OLYMP-I-A for HEALTH: Action: Got great exercise at Kung Fu class and had fun helping a little with the Pre-K class as well.**

**Day 191: OLYMP-I-A for HEALTH: Action: I read about the Texas Dept. of Agriculture's summer food program- providing nutritious meals for free to children ages 18 and under during the summer months.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://summerfood.org/&h=1AQG-okxZ&s=1)

**[HOME](http://summerfood.org/" \t "_blank)**

[summerfood.org](http://summerfood.org/" \t "_blank)

**Day 192: OLYMP-I-A for HEALTH: Action: Did more arm-chair exercises at work today- worked out my arms and legs and abs. I'm increasing the reps... better than just sitting all the time at the computer.**

**Day 193: OLYMP-I-A for HEALTH: Action: Kung Fu class was great... exhausting, but great. Did some sparring and found LOTS of room for improvement :)).**

**Day 194: OLYMP-I-A for HEALTH: Action: Celebrating the recovery of my dog. She is gradually getting back to her old self after injuring her neck/shoulder. She's still on some meds and taking it easy, but definitely on the road to recovery, indicated by her intense desire to chase squirrels.**

**Day 195: OLYMP-I-A for HEALTH: Action: Going to sleep just little earlier at night and getting up and going earlier in the morning. Getting good rest helps make a great start to the day!**

**Day 196: OLYMP-I-A for HEALTH: Action: I researched some medical articles to learn more about a health topic.**

**Day 197: OLYMP-I-A for HEALTH: Action: Discovered the "Healthy Homes Tips for Parents" produced by the Environmental Working Group.** [**http://www.ewg.org/parentsgreenguide**](http://www.ewg.org/parentsgreenguide)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.ewg.org/parentsgreenguide&h=xAQEePUw_&s=1)[](http://www.ewg.org/files/EWGguide_goinggreen.pdf)

**[EWG's Healthy Home Tips for Parents | Environmental Working Group](http://www.ewg.org/parentsgreenguide" \t "_blank)**

[www.ewg.org](http://www.ewg.org/parentsgreenguide" \t "_blank)

[A Parent's Guide to Going Green](http://www.ewg.org/parentsgreenguide" \t "_blank)

**Day 198: OLYMP-I-A for HEALTH: Action: Tried to kick really high today at Kung Fu conditioning class, so high that I lifted my support leg off the ground and fell to the ground. Lot of laughs had by all.**

**Day 199: OLYMP-I-A for HEALTH: Action: More preparation for the upcoming trip to Kenya. The older I get, the more meds I pack :)).**

**Day 200: OLYMP-I-A for HEALTH: Action: Kung Fu class! Yeah! Kicking, punching, swords flying.... :))**

**Day 201: OLYMP-I-A for HEALTH: Action: Sharing info about the Special Olympics Facebook page. Please click on the link and "Like" the page and become a fan of a Special Olympics Athlete.** [**http://www.facebook.com/SpecialOlympics?ref=ts&sk=app\_226090924087620**](http://www.facebook.com/SpecialOlympics?ref=ts&sk=app_226090924087620)

[](https://www.facebook.com/SpecialOlympics?sk=app_226090924087620&ref=nf)

[**Special Olympics | One Fan**](https://www.facebook.com/SpecialOlympics?sk=app_226090924087620)

Special Olympics is an international nonprofit organization dedicated to empowering individuals with intellectual disabilities to become physically fit, productive and respected members of society through sports training and competition. Founded in 1968 by Eunice Kennedy Shriver, Special Olympics ...

**Day 202: OLYMP-I-A for HEALTH: Action: Had a great workout at Kung Fu class! A packed hour full of katas. Good stretching afterwards. I needed that!**

**Day 203: OLYMP-I-A for HEALTH: Action: Created a new sequence of office-chair exercises. Only took 1-2 minutes to do. Worked great!**

**Day 204: OLYMP-I-A for HEALTH: Action: Worked out at Kung Fu class, helped some with the Pre-K students and also with the afternoon sparring tournament. Great to see the character and skill at all ages and belt levels!**

**Day 205: OLYMP-I-A for HEALTH: Action: Practiced katas, katas, katas, and more katas. Trying to work up my stamina. When the going gets tough, just "bow and begin."**

**Day 206: OLYMP-I-A for HEALTH: Action: Walked with a good friend around the lake this evening. A great way to end a long day.**

**Day 207: OLYMP-I-A for HEALTH: Action: Took care of some last minute health check-up measures before going on my trip to Kenya.**

**Day 208: OLYMP-I-A for HEALTH: Action: Sharing info about the "Nothing But Nets" effort to prevent malaria in Cameroon. They are working to raise funds to send 225,000 life-saving nets to families in Cameroon.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=https://secure.globalproblems-globalsolutions.org/site/Donation2?df_id=5281&5281.donation=form1&h=AAQEhQqEP&s=1)[https://secure2.convio.net/unf/images/content/pagebuilder/nbn_logo.png](http://www.nothingbutnets.net/)

[The UN Foundation has been working with the UN to fight malaria for years. But it was a column that Rick Reilly wrote about malaria in Sports Illustrated--and thousands of letters…](https://secure.globalproblems-globalsolutions.org/site/Donation2?df_id=5281&5281.donation=form1" \t "_blank)

**Day 209: OLYMP-I-A for HEALTH: Action: Packing my bag for a trip to Kenya. Can't wait to visit the children with special needs in the village where I'm going and see the services provided and coordinated by Comfort the Children International. I'm looking forward to meeting and working with wonderful people committed to health, education, environment, and community well-being.**

**Day 210: OLYMP-I-A for HEALTH: Action: Staying active... doing office-chair exercises, home stretching, and moving about running errands and packing... in anticipation of a long day of air travel tomorrow. Started my anti-malaria meds! Yippeee!**

**Days 211-227: OLYMP-I-A for HEALTH: Actions: Traveled to Kenya with the Comfort the Children (CTC) Intl. Community Team. Helped with youth art projects in Maai Mahiu: learned about and visited all the CTC projects (health, environment, economics, education, and work with children with special needs); learned about other cultures and shared in new customs/foods/events; learned about and supported animal conservation efforts; and made wonderful friends for life!**



**Days 228-233: OLYMP-I-A for HEALTH: Actions: Reunited with family and friends after my trip to Kenya and each day shared stories about Africa, Comfort the Children Intl., the David Sheldrick Wildlife Trust orphan elephant & black rhino nursery in Nairobi, & my gracious new friends in Kenya. In meeting new people and immersing in other cultures and habitats, the beauty of life & the importance of preserving it through peace, green-living, and health are intensified.**



**Days 234: OLYMP-I-A for HEALTH: Action: Searched the web for information on how to obtain free wheelchairs for children with disabilities in Maai Mahiu, Kenya. Found out about the Free Wheelchair Mission** [**http://www.freewheelchairmission.org/site/c.fgLFIXOJKtF/b.4916275/k.BE91/Home.htm**](http://www.freewheelchairmission.org/site/c.fgLFIXOJKtF/b.4916275/k.BE91/Home.htm)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.freewheelchairmission.org/site/c.fgLFIXOJKtF/b.4916275/k.BE91/Home.htm&h=VAQG1uPEa&s=1)[](http://www.freewheelchairmission.org/site/lookup.asp?c=fgLFIXOJKtF&b=4916275)

**[Home - Free Wheelchair Mission](http://Home - Free Wheelchair Mission www.freewheelchairmission.org Founded in 2001, Free Wheelchair Mission is an international nonprofit organization dedicated to providing wheelchairs for the impoverished disabled in developing nations. FWM works around the world in partnership with a vast network of …)**

[www.freewheelchairmission.org](http://Home - Free Wheelchair Mission www.freewheelchairmission.org Founded in 2001, Free Wheelchair Mission is an international nonprofit organization dedicated to providing wheelchairs for the impoverished disabled in developing nations. FWM works around the world in partnership with a vast network of …)

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**Day 235: OLYMP-I-A for HEALTH: Action: Walked my dog in the early, cooler, morning and went to Kung Fu at night for great exercise and lots of sweating in this heat!**

**Day 236: OLYMP-I-A for HEALTH: Action: After my trip, I'm now back to work in full swing, doing office exercises to help offset the time sitting in front of the computer.**

**Day 237: OLYMP-I-A for HEALTH: Action: I read about the "Whole Kids Foundation" School Garden Grant Program that helps children cultivate healthy eating habits, learn about sustainability and conservation, food systems and community awareness. School garden grant applications are accepted through December 31, 2011.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.wholekidsfoundation.org/gardengrants.php&h=1AQG-okxZ&s=1)

**[School Garden Grants | Whole Kids Foundation](http://www.wholekidsfoundation.org/gardengrants.php" \t "_blank)**

[www.wholekidsfoundation.org](http://www.wholekidsfoundation.org/gardengrants.php" \t "_blank)

[Whole Kids Foundation is an organziation devoted to improving children's nutrition and wellness with the goal of ending the childhood obesity epidemic.](http://www.wholekidsfoundation.org/gardengrants.php" \t "_blank)

**Day 238: OLYMP-I-A for HEALTH: Action: Sharing Feeding America's new blog post: Map the Meal Gap: Child Food Insecurity. Watch three new videos to learn more about what hunger does to the children of our nation.**[**http://blog.feedingamerica.org/2011/08/feeding-america-releases-map-the-meal-gap-child-food-insecurity-2011/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fblog.feedingamerica.org%2F2011%2F08%2Ffeeding-america-releases-map-the-meal-gap-child-food-insecurity-2011%2F&h=LAQE09Tm_AQFC5rk1nmiKeUVrBzZeiCrfl2jlyrjjgypJJA&s=1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://blog.feedingamerica.org/2011/08/feeding-america-releases-map-the-meal-gap-child-food-insecurity-2011/&h=BAQGhGFG5&s=1)[](http://blog.feedingamerica.org/2011/08/feeding-america-releases-map-the-meal-gap-child-food-insecurity-2011/mtmg_logo_4c-2/)

**[Feeding America Blog](http://blog.feedingamerica.org/2011/08/feeding-america-releases-map-the-meal-gap-child-food-insecurity-2011/" \t "_blank)**

[blog.feedingamerica.org](http://blog.feedingamerica.org/2011/08/feeding-america-releases-map-the-meal-gap-child-food-insecurity-2011/" \t "_blank)

[What does child hunger look like in America, in your state, or even your county? As Feeding America’s Map the Meal Gap: Child Food Insecurity 2011 shows, childhood hunger is a sad](http://blog.feedingamerica.org/2011/08/feeding-america-releases-map-the-meal-gap-child-food-insecurity-2011/" \t "_blank)

**Day 239: OLYMP-I-A for HEALTH: Action: Back in the swing at Kung Fu. Literally I was swinging my new short stick I got from the Maasai people in Kenya. Awesome! Great work-out while transporting my mind back to the Serengeti :))**

**Day 240: OLYMP-I-A for HEALTH: Action: Great morning walk with my dog! Happy dog! Happy me!**

**Day 241: OLYMP-I-A for HEALTH: Action: Ate some wonderful, tasty organic cantaloupe today. Refreshing and cool in this hot weather, healthy, and delicious!**

**Day 242: OLYMP-I-A for HEALTH: Action: I searched the Internet and found organizations that provide free wheelchairs for those in need. I contacted and talked with some of the international organizations about their services in Kenya.**

**Day 243: OLYMP-I-A for HEALTH: Action: Found out about some fun sports activities for children with disabilities, offered in an inclusive environment in my community. The activities are supported by a local baseball association and an Optimist Club as well as local college students. Awesome! Community collaboration for inclusion works!**

**Day 244: OLYMP-I-A for HEALTH: Action: Walked my dog in the early morning. It was cool (relatively)- probably in the 90's F :)) and felt really good. Some neighbors passed by and said they were feeling "chilly." It is amazing how we adapt.**

**Day 245: OLYMP-I-A for HEALTH: Action: Enjoying some "Kashi" cereal. So, I went to the "Kashi" Facebook page and found out about the Kashi R.E.A.L. (Renew Eating And Living) Tour and read some tips on nutrition.** [www.kashi.com](http://www.kashi.com)**;** <http://www.kashi.com/challenges/>

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.kashi.com/events/real_tour/nutrition&h=8AQFMScbK&s=1)[](http://www.kashi.com/)

**Day 246: OLYMP-I-A for HEALTH: Action: Great workout at Kung Fu this morning. Good exercise, good stretching, good friends, and just a few sore muscles :))!**

**Day 247: OLYMP-I-A for HEALTH: Action: For a tasty mid-day snack I ate some organic fruit and organic Greek yogurt- great combo!**

**Day 248: OLYMP-I-A for HEALTH: Action: Read about "Everyday Health," a digital media company focusing on bringing the public the latest up-to-date health and wellness information online. They also have just started a TV series.** [**http://www.facebook.com/everydayhealth?sk=info**](http://www.facebook.com/everydayhealth?sk=info)

[](https://www.facebook.com/everydayhealth?sk=info&ref=nf)

[**Everyday Health**](https://www.facebook.com/everydayhealth?sk=info)

EverydayHealth.com is a leading provider of online health information. We're here to help you manage your own and your family's conditions and overall well-being through personalized advice, tools, and communities. We're committed to bringing you the most credible and relevant health information ...

**Day 249: OLYMP-I-A for HEALTH: Action: I ate a delicious Amy's Kitchen organic spinach pizza with whole wheat crust. Yum! I think they have no-cheese pizza as well.**

**Day 250: OLYMP-I-A for HEALTH: Action: Amazing and moving to see the outpouring of help, caring, support, and concern for the people who have suffered losses of life and property due to the wildfires here.**

**Day 251: OLYMP-I-A for HEALTH: Action: I was so happy to enjoy the afternoon while taking a walk with my dog. Since her neck injury she has been more reluctant to go on walks. Seeing her enjoy every new smell, sight, and sound made me appreciate our walk all the more.**

**Day 252: OLYMP-I-A for HEALTH: Action: I watched a favorite comedy sit-com on T.V. and laughed and laughed (good ol' belly laughter). Laughter is music for the soul and brings health to mind and body.**

**Day 253: OLYMP-I-A for HEALTH: Action: Had a wonderful workout at Kung Fu and helped teach the Pre-K. The children are awesome!**

**Day 254: OLYMP-I-A for HEALTH: Action: Another Kung Fu practice day and conditioning work-out. Felt good! Always challenging and more to learn!**

**Day 255: OLYMP-I-A for HEALTH: Action: Took a break from desk work and did some floor exercises and stretching. Felt great and my energy was recharged.**

**Day 256: OLYMP-I-A for HEALTH: Action: Had my annual dental check-up. Daily flossing pays off! Hope to keep my choppers healthy for a long time :))**

**Day 257: OLYMP-I-A for HEALTH: Action: Love eating organic, non-fat, Greek vanilla yogurt. Satisfies my craving for something sweet and delicious for dessert.**

**Day 258: OLYMP-I-A for HEALTH: Action: Reviewed child development, health, and safety as part of a training for Extend-A-Care (after-school child care) volunteers.**

****[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.eackids.org/index.asp&h=sAQH4GRBA&s=1)

**[Extend-A-Care | Onsite afterschool child care](http://www.eackids.org/index.asp" \t "_blank)**

[www.eackids.org](http://www.eackids.org/index.asp" \t "_blank)

[Extend A Care for Kids provides on-site after-school childcare for the Austin, Del Valle and Hays Consolidated ISDs.](http://www.eackids.org/index.asp" \t "_blank)

**Day 259: OLYMP-I-A for HEALTH: Action: Learned about the USDA funding of children's snacks in childcare. Quite specific standards and regulations to follow.** [**http://www.fns.usda.gov/cnd/care/ChildCare.htm**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.fns.usda.gov%2Fcnd%2Fcare%2FChildCare.htm&h=YAQHHuICjAQHBW9k-m_RXWYmfmfXRvaUfxwdH3NI_x7QLMA&s=1)

**[CACFP Child Care Centers](http://www.fns.usda.gov/cnd/care/ChildCare.htm" \t "_blank)**

[www.fns.usda.gov](http://www.fns.usda.gov/cnd/care/ChildCare.htm" \t "_blank)

[CACFP provides nutritious meals and snacks to infants and children as a regular part of their day care.](http://www.fns.usda.gov/cnd/care/ChildCare.htm" \t "_blank)

**Day 260: OLYMP-I-A for HEALTH: Action: Enjoyed a rigorous class of Kung Fu and celebrated the honor of Master Joe being promoted to Senior Master Joe, a 7th degree black belt. Awesome!**

**Day 261: OLYMP-I-A for HEALTH: Action: Enjoyed a refreshing walk with my dog in the morning after a much-needed rain shower. The rain revived the plants, animals, and people in the neighborhood. It was great to see actual puddles :))**

**Day 262: OLYMP-I-A for HEALTH: Action: I had fun volunteering at a kickball game with some great kids. Good times!**

**Day 263: OLYMP-I-A for HEALTH: Action: Lots of great Kung Fu, conditioning, and inspiration in class, taught by Senior Master Joe Schaefer, 7th degree black belt! The class was packed!**

**Day 264: OLYMP-I-A for HEALTH: Action: I did some simple arm-chair exercises during a quick work-break to offset the inactivity of sitting in front of the computer. However these just don't compare to the "alligators" and "frog leaps" from Kung Fu class. Not sure my workplace and neighbor co-workers would recover if I attempted those.**

**Day 265: OLYMP-I-A for HEALTH: Action: Supporting the outcry against Medicaid cuts for people with disabilities. 4th grader Tucker Waters and others spoke out about their concerns at the Texas capitol:** [**http://trailblazersblog.dallasnews.com/archives/2011/09/protesters-tell-congress-not-t.html**](http://trailblazersblog.dallasnews.com/archives/2011/09/protesters-tell-congress-not-t.html)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://trailblazersblog.dallasnews.com/archives/2011/09/protesters-tell-congress-not-t.html&h=4AQGoRIlv&s=1)Top of Form



Bottom of Form

**[Protesters tell Congress not to cut or cap Medicaid for poor, disabled | Trail Blazers Blog |](http://trailblazersblog.dallasnews.com/archives/2011/09/protesters-tell-congress-not-t.html" \t "_blank)**

[trailblazersblog.dallasnews.com](http://trailblazersblog.dallasnews.com/archives/2011/09/protesters-tell-congress-not-t.html" \t "_blank)

[The blog for the Dallas Morning News politics team tracks Dallas Fort Worth area, Texas and national campaigns.](http://trailblazersblog.dallasnews.com/archives/2011/09/protesters-tell-congress-not-t.html" \t "_blank)

**Day 266: OLYMP-I-A for HEALTH: Action: Shared stories and laughter with friends. A recipe for good health!**

**Day 267: OLYMP-I-A for HEALTH: Action: Had most of our Kung Fu class outside this morning. Love working out in the cooler weather.**

**Day 268: OLYMP-I-A for HEALTH: Action: Practiced a women's Kung Fu demo, practiced my Kung Fu material, and then took a conditioning class. Now, I'm stretched out flat with my feet up :))**

**Day 269: OLYMP-I-A for HEALTH: Action: Took a walk with my dog in the cooler time of early morning. Met several of my neighbors doing the same. Great way to start the day!**

**Day 270: OLYMP-I-A for HEALTH: Action: Had a great Kung Fu class- tiger forms and daggers... among friends :))**

**Day 271: OLYMP-I-A for HEALTH: Action: I read about the latest edition of "Stories of Change"- stories from changemakers in maternal health who spent 9 months with Ashoka Fellow Mentors.**

[In Their Own Words: The Young Champions of Maternal Health | Ashoka - Innovators for the Public](http://In Their Own Words: The Young Champions of Maternal Health | Ashoka - Innovators for the Public www.ashoka.org We are excited to announce the latest edition of Stories of Change, an electronic book series that tells the stories of… )

[www.ashoka.org](http://In Their Own Words: The Young Champions of Maternal Health | Ashoka - Innovators for the Public www.ashoka.org We are excited to announce the latest edition of Stories of Change, an electronic book series that tells the stories of… )

[We are excited to announce the latest edition of Stories of Change, an electronic book series that tells the stories of…](http://In Their Own Words: The Young Champions of Maternal Health | Ashoka - Innovators for the Public www.ashoka.org We are excited to announce the latest edition of Stories of Change, an electronic book series that tells the stories of… )

**Day 272: OLYMP-I-A for HEALTH: Action: Good stretching at Kung Fu. Then, some great katas.**

**Day 273: OLYMP-I-A for HEALTH: Action: Read a great blog "Love That Max":** [**http://www.lovethatmax.com/**](http://www.lovethatmax.com/)

**[Love That Max](http://www.lovethatmax.com/" \t "_blank)**

[www.lovethatmax.com](http://www.lovethatmax.com/" \t "_blank)

**Day 274: OLYMP-I-A for HEALTH: Action: Helped teach the pre-K children at Kung Fu. Amazing how they learn so quickly! It's inspiring to be around such energy :))**

**Day 275: OLYMP-I-A for HEALTH: Action: Went outside in the early morning and felt totally refreshed by the cooler weather. I have an enhanced appreciation of a cool, fresh breeze, something I used to take more for granted.**

**Day 276: OLYMP-I-A for HEALTH: Action: I am working to organize and reduce the paper burden and other clutter in my house (and trying to recycle as much as possible)... a step toward peace of mind and general well-being.**

**Day 277: OLYMP-I-A for HEALTH: Action: Stretched and worked out at Kung Fu with good friends- helped my mental, physical, and spiritual health.**

**Day 278: OLYMP-I-A for HEALTH: Action: Helping to spread the word about a new social media space for family caregivers. (Also, there is a "Caregiver Village" Facebook page:** [**https://www.facebook.com/caregivervillage?sk=wall**](https://www.facebook.com/caregivervillage?sk=wall)**).**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.caregivervillage.com/&h=RAQFRKadt&s=1)[](https://www.facebook.com/photo.php?fbid=178122508869924&set=a.178122505536591.50498.178122145536627&type=1)

**[Caregiver Village | A virtual village offering support, friendship, and fun for caregivers](http://www.caregivervillage.com/" \t "_blank)**

[www.caregivervillage.com](http://www.caregivervillage.com/" \t "_blank)

[Today in the U.S. alone over 50 million individuals are caregivers for an aged, ill or challenged family member.](http://www.caregivervillage.com/" \t "_blank)

**Day 279: OLYMP-I-A for HEALTH: Started the day with Stonyfield organic Greek yogurt..... yum! The Stonyfield yogurt lid said "Help us reach one million clicks and we'll donate $100,000 to BREASTCANCER.ORG." So, I went to** [**http://www.breastcancer.org/**](http://www.breastcancer.org/) **and clicked. Easy!**

**[BreastCancer.org - Breast Cancer Treatment Information and Pictures](http://www.breastcancer.org/" \t "_blank)**

[www.breastcancer.org](http://www.breastcancer.org/" \t "_blank)

[Breast Cancer Information from a Nonprofit Organization](http://www.breastcancer.org/" \t "_blank)

**Day 280: OLYMP-I-A for HEALTH: Action: Found inspiration in the Steve Job's quote: “If you live each day as if it was your last, someday you’ll most certainly be right…Remembering that I’ll be dead soon is the most important tool I’ve ever encountered to help me make the big choices in life. Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.”**

**Day 281: OLYMP-I-A for HEALTH: Action: Found out that AMC movie theaters are offering a new, more wholesome snack choice, called the Smart MovieSnacks pack, a collaborative effort between AMC and the Alliance for a Healthier Generation.** [**http://consumerist.com/2011/04/amc-theaters-to-sell-snacks-not-covered-in-liquid-fat-sugar.html**](http://consumerist.com/2011/04/amc-theaters-to-sell-snacks-not-covered-in-liquid-fat-sugar.html)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.consumerist.com/2011/04/amc-theaters-to-sell-snacks-not-covered-in-liquid-fat-sugar.html&h=KAQFEDEju&s=1)

**[AMC Theaters To Sell Snacks Not Covered In Liquid Fat, Sugar - The Consumerist](http://AMC Theaters To Sell Snacks Not Covered In Liquid Fat, Sugar - The Consumerist www.consumerist.com Maybe you like covering your movie snacks (and therefore your insides) in gooey, fatty liquid butter and topping it with … )**

[www.consumerist.com](http://AMC Theaters To Sell Snacks Not Covered In Liquid Fat, Sugar - The Consumerist www.consumerist.com Maybe you like covering your movie snacks (and therefore your insides) in gooey, fatty liquid butter and topping it with … )

[Maybe you like covering your movie snacks (and therefore your insides) in gooey, fatty liquid butter and topping it with …](http://AMC Theaters To Sell Snacks Not Covered In Liquid Fat, Sugar - The Consumerist www.consumerist.com Maybe you like covering your movie snacks (and therefore your insides) in gooey, fatty liquid butter and topping it with … )

**Day 282: OLYMP-I-A for HEALTH: Action: Resting and recuperating. Feeling better...**

**Day 283: OLYMP-I-A for HEALTH: Action: Found out about a great program in Texas schools called "Meet in the Middle." Sounds like a great collaboration between schools and Special Olympics Texas.** [**http://sotx.convio.net/site/PageServer?pagename=MiM\_Check\_About\_Us**](http://sotx.convio.net/site/PageServer?pagename=MiM_Check_About_Us)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://sotx.convio.net/site/PageServer?pagename=MiM_Check_About_Us&h=cAQEP_VLb&s=1)

**[Meet in the Middle | Special Olympics Texas: About Us](http://sotx.convio.net/site/PageServer?pagename=MiM_Check_About_Us" \t "_blank)**

[sotx.convio.net](http://sotx.convio.net/site/PageServer?pagename=MiM_Check_About_Us" \t "_blank)

[Project UNIFY - Meet in the Middle is a unique education-based program that promotes acceptance, inclusion and respect between students with and without intellectual disabilities in Texas schools. Participants team up to promote advocacy,](http://sotx.convio.net/site/PageServer?pagename=MiM_Check_About_Us" \t "_blank)

**Day 284: OLYMP-I-A for HEALTH: Action: Took a walk with my dog in the cool, early evening.**

**Day 285: OLYMP-I-A for HEALTH: Action: Went for a health check-up and learned some prevention/ health maintenance tips. Our habits of nutrition and exercise and how we focus, de-stress, and achieve balance in our lives are so integral to wellness.**

**Day 286: OLYMP-I-A for HEALTH: Action: Helped children in creative play and was surrounded by lots of smiles, singing, energy, and laughter.... Uplifting!**

**Day 287: OLYMP-I-A for HEALTH: Action: Took a long walk around the neighborhood and enjoyed a beautiful, cooler evening.**

**Day 288: OLYMP-I-A for HEALTH: Action: Went for a walk in the Isamu Taniguchi Japanese Garden at Zilker Gardens... so beautiful. Good for the body, mind, and soul. Planning to visit more often!**[**http://www.zilkergarden.org/gardens/oriental.html**](http://www.zilkergarden.org/gardens/oriental.html)





**[Isamu Taniguchi Japanese Garden](http://www.zilkergarden.org/gardens/oriental.html" \t "_blank)**

[www.zilkergarden.org](http://www.zilkergarden.org/gardens/oriental.html" \t "_blank)

[Opened to the public in 1969, the Garden was built by Mr. Taniguchi when he was seventy years old. Working without a salary or a contract, Mr. Taniguchi spent 18 months transforming 3 acres of rugged caliche ...](http://www.zilkergarden.org/gardens/oriental.html" \t "_blank)

**Day 289: OLYMP-I-A for HEALTH: Action: Found out how easy it is to donate to Breast Cancer Resource Centers at a local Randall's grocery store. October is Breast Cancer Awareness month.** [**http://www.bcrc.org/events/randalls-scan-campaign/**](http://www.bcrc.org/events/randalls-scan-campaign/)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.bcrc.org/events/randalls-scan-campaign/&h=fAQGqxdsO&s=1)[](http://www.bcrc.org/)

**[The Breast Cancer Resource Center » Randall’s Scan Campaign](http://www.bcrc.org/events/randalls-scan-campaign/" \t "_blank)**

[www.bcrc.org](http://www.bcrc.org/events/randalls-scan-campaign/" \t "_blank)

[Randall’s Scan Campaign](http://www.bcrc.org/events/randalls-scan-campaign/" \t "_blank)

**Day 290: OLYMP-I-A for HEALTH: Action: Planning my schedule to attend part of the 12th Annual Chronic Illness and Disability Conference on Transition from Pediatric to Adult-Based Care via the remote webcast site in Austin. This year the conference is offering remote conference webcast at 4 sites in the state (Austin, Amarillo, El Paso, and Harlingen), enabling more people to attend.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.baylorcme.org/CME/1452&h=2AQE8bqId&s=1)[](http://www.bcm.edu/)

**[CME : 12th Chronic Illness and Disability Conference: Transition from Pediatric to Adult-based CareO](http://www.baylorcme.org/CME/1452" \t "_blank)**

[www.baylorcme.org](http://www.baylorcme.org/CME/1452" \t "_blank)

[12th Chronic Illness and Disability Conference: Transition from Pediatric to Adult-based CareOctober 20-21, 2011Healthcare](http://www.baylorcme.org/CME/1452" \t "_blank)

**Day 291: OLYMP-I-A for HEALTH: Action: Back to Kung Fu class after a minor setback. Good to be there!**

**Day 292: OLYMP-I-A for HEALTH: Action: Visited my former workplace and got to hug and chat with longtime friends and catch up on the news. What wonderful people I have had the privilege to work with through the years- family. Gave me a great boost for the day!**

**Day 293: OLYMP-I-A for HEALTH: Action: Was rejuvenated by a bunch of pre-K and elementary children while doing some fun art and calligraphy projects. Their energy and creativity are contagious!**

**Day 294: OLYMP-I-A for HEALTH: Action: Participated (via live webcast) in the 12th Annual Chronic Illness and Disability Conference on Transition from Pediatric to Adult-Based Care and heard two informative speakers on the topic. Will try to get handouts from more of the conference.**

**Day 295: Ultra OLYMP-I-A for HEALTH: Action: Enjoyed Kung Fu class this morning!**

**Day 296: OLYMP-I-A for HEALTH: Action: Celebrating a friend's birthday today. A toast to life and living each day to the max, even when life presents us with major challenges. Good friends bring health to life and life to health.**

**Day 297: OLYMP-I-A for HEALTH: Action: I read about "Rachel's Challenge," an anti-bullying school program inspired and named after Rachel Scott, the first student killed in the 1999 Columbine High School shooting. In her diary, Rachel wrote, "I have this theory that if one person can go out of their way to show compassion, then it will start a chain reaction of the same."** [**https://www.facebook.com/rachelschallenge?sk=wall**](https://www.facebook.com/rachelschallenge?sk=wall)

[](https://www.facebook.com/rachelschallenge?sk=wall&ref=nf)

[**Rachel's Challenge**](https://www.facebook.com/rachelschallenge?sk=wall)

Rachel Scott was the first person killed at Columbine High School on April 20, 1999. Her acts of kindness and compassion coupled with the contents of her six diaries have become the foundation for one of the most life-changing school programs in America. Powerful video/audio footage of Rachel's...

**Day 298: OLYMP-I-A for HEALTH: Action: I went to Kung Fu class. Went in feeling tired and came out feeling better after some good physical and mental exercise. No matter how tired I may feel at the end of the day, I know I'll feel better when I go to class. True again!**

**Day 299: OLYMP-I-A for HEALTH: Action: Ate a delicious vegan meal. I lightly browned small bite-size cubes of extra firm tofu along with sliced onion in a skillet with some olive oil. Once done, I added the tofu and onions to organic "Southwestern Black Bean" soup. I was experimenting a little. So, to my happy surprise, it tasted great!**

**Day 300: OLYMP-I-A for HEALTH: Action: Celebrating October as Down Syndrome Awareness Month by watching an inspiring video:** [**http://www.youtube.com/watch?v=ekfMHXYc79s&feature=related**](http://www.youtube.com/watch?v=ekfMHXYc79s&feature=related)



**[Down Syndrome Awareness Month ::: The Game](http://www.youtube.com/watch?v=ekfMHXYc79s&feature=related" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=ekfMHXYc79s&feature=related" \t "_blank)

[This October we are celebrating and recognizing people that have been diagnosed with an extra chromosome (trisomy 21). They enrich our lives and give us new ...](http://www.youtube.com/watch?v=ekfMHXYc79s&feature=related" \t "_blank)

**Day 301: OLYMP-I-A for HEALTH: Action: I read that planting a tree can remove 50 pounds of carbon dioxide from the atmosphere each year. Trees bring health to the Earth.**

**Day 302: OLYMP-I-A for HEALTH: Action: Found out about the 2011 AccessAbility Fest at Morgan's Wonderland tomorrow, bringing resources and recreation to children with disabilities and their families. Looks like a great event!** [**http://www.disabilitysa.org/accessability-fest.htm**](http://www.disabilitysa.org/accessability-fest.htm)



**[Accessability Fest in San Antonio](http://www.disabilitysa.org/accessability-fest.htm" \t "_blank)**

[www.disabilitysa.org](http://www.disabilitysa.org/accessability-fest.htm" \t "_blank)

[disABILITYsa.org is a resource portal for people with disabilities and their families and friends in San Antonio.](http://www.disabilitysa.org/accessability-fest.htm" \t "_blank)

**Day 303: OLYMP-I-A for HEALTH: Idea: Our health is formed in freedom of ideas and expression, noting that in that freedom, out freedom is uplifting and is not used to abuse others.**

**Day 304: OLYMP-I-A for HEALTH: Action: I found out more about the "Healthy Athletes" program, launched in 1997, in which health care volunteers offer health screenings free-of-charge at Special Olympics competitions worldwide. Amazing public health service for persons with intellectual disabilities- more than 1 million screenings in over 100 countries!** [**http://www.specialolympics.org/healthy\_athletes.aspx**](http://www.specialolympics.org/healthy_athletes.aspx)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.specialolympics.org/healthy_athletes.aspx&h=-AQHNOIOE&s=1)[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.specialolympics.org/healthy_athletes.aspx)[](http://www.specialolympics.org/default.aspx)

**[Special Olympics: Quality Healthcare](http://Special Olympics: Quality Healthcare www.specialolympics.org For more than 10 years, Special Olympics has been serving athletes by offering free health screenings and health information at local, regional and World Games…  )**

[www.specialolympics.org](http://Special Olympics: Quality Healthcare www.specialolympics.org For more than 10 years, Special Olympics has been serving athletes by offering free health screenings and health information at local, regional and World Games…  )

[For more than 10 years, Special Olympics has been serving athletes by offering free health screenings and health information at local, regional and World Games…](http://Special Olympics: Quality Healthcare www.specialolympics.org For more than 10 years, Special Olympics has been serving athletes by offering free health screenings and health information at local, regional and World Games…  )

**Day 305: OLYMP-I-A for HEALTH: Action: I played kickball with some wonderful children. Lots of fun and good exercise!**

**Day 306: OLYMP-I-A for HEALTH: Action: I read about Hyundai's "Hope on Wheels" in a health care newsletter and looked up more info online. Dell Children's Medical Center was awarded a Hope Grant from Hyundai Hope on Wheels for the Children's Blood and Cancer Center. The official car for Hope on Wheels is the Hyundai Fuel Cell Electric Vehicle which will travel coast to coast visiting children's hospitals and cancer research centers. Grants are being awarded in cities across the country to help in the fight against cancer.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.hyundaihopeonwheels.org/about-hope-on-wheels/howstory.aspx&h=UAQG0hP0K&s=1)[](http://www.hyundaihopeonwheels.org/index.aspx)

**[Hope on Wheels Story](http://www.hyundaihopeonwheels.org/about-hope-on-wheels/howstory.aspx" \t "_blank)**

[www.hyundaihopeonwheels.org](http://www.hyundaihopeonwheels.org/about-hope-on-wheels/howstory.aspx" \t "_blank)

[Hyundai and its dealers have been committed to supporting the fight against childhood cancer since 1998.](http://www.hyundaihopeonwheels.org/about-hope-on-wheels/howstory.aspx" \t "_blank)

**Day 307: OLYMP-I-A for HEALTH: Action: Enjoyed good exercise today: walked my dog in the beautiful, cool afternoon and later went to Kung Fu class.**

**Day 308: OLYMP-I-A for HEALTH: Action: Found out more about the CowParade in Austin and the upcoming auction on November 13th. The auction will raise money for The Superhero Kids Endowment which provides financial support to the families of children being treated at the Children's Blood and Cancer Center at Dell Children's Medical Center.** [**https://www.facebook.com/cowparade?sk=info**](https://www.facebook.com/cowparade?sk=info)

[https://fbcdn-profile-a.akamaihd.net/hprofile-ak-ash2/41604_10455472292_345496998_n.jpg](https://www.facebook.com/cowparade?sk=info&ref=nf)

[**CowParade**](https://www.facebook.com/cowparade?sk=info)

CowParade is the world’s largest and most popular public art event. CowParade events feature life-size, fiberglass cows painted by local artists. CowParade events have been organized in over 70 cities around the world. New York, Chicago, Paris, London, Prague, Mexico City, Sau Paulo, Taipei, ...

**Day 309: OLYMP-I-A for HEALTH: Idea: When we focus on what we can do instead of what we can't, the whole world becomes healthier.**

**Day 310: OLYMP-I-A for HEALTH: Action: My leg muscles are still singing today after dancing at the Celtic Festival's Cèilidh yesterday. Great Scottish music and dancing! Good fun and good workout! It's time for stretching... :))**

**Day 311: OLYMP-I-A for HEALTH: Action: My dog had major oral surgery with teeth extractions (even though I'd been brushing her teeth). Watching her go through this makes me even more aware of the importance of dental health. I never thought I'd say this, but we're lucky we can floss :))**

**Day 312: OLYMP-I-A for HEALTH: Action: Helped make a fun, healthy snack of trail mix for children at an after-school child care program.**

**Day 313: OLYMP-I-A for HEALTH: Action/Idea: I attended an informative public health lecture. As I listened to the lecture I began to think about the fact that we typically consider public health to be solely about humans and their health. It would be great to see "public health" lectures with the focus on the current health of animal and plant species on the earth and the impact that their health (or lack thereof) has on the world's life as a whole, including that of humans. We are so human-centric in our thinking. I think it would be healthier to study human health only as a piece of the whole, taking into account the interconnectedness of all life on the planet. For example, a public health lecture on the eminent extinction of the polar bear due to global warming and it implications for the planet and human life would be interesting.**

**Day 314: OLYMP-I-A for HEALTH: Action: I read an interesting article about the health benefits of quinoa. Quite an amazing food!** [**http://www.naturalnews.com/034110\_quinoa\_nutrition.html#ixzz1dKnmsZzZ**](http://www.naturalnews.com/034110_quinoa_nutrition.html#ixzz1dKnmsZzZ)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.naturalnews.com/034110_quinoa_nutrition.html#ixzz1dKnmsZzZ&h=3AQGh5oo4&s=1)

**[Quinoa nutrition - why quinoa can help you lose weight and improve your health](http://www.naturalnews.com/034110_quinoa_nutrition.html" \l "ixzz1dKnmsZzZ" \t "_blank)**

[www.naturalnews.com](http://www.naturalnews.com/034110_quinoa_nutrition.html" \l "ixzz1dKnmsZzZ" \t "_blank)

[Quinoa nutrition - why quinoa can help you lose weight and improve your health](http://www.naturalnews.com/034110_quinoa_nutrition.html" \l "ixzz1dKnmsZzZ" \t "_blank)

**Day 315: OLYMP-I-A for HEALTH: Action: Watched a video about an amazing child music prodigy and felt inspired, awed, and uplifted by the brilliance of life. A wonderful boost to my spirit. We each have talents and together we can create a more beautiful world.** [**http://devour.com/video/music-prodigy/**](http://devour.com/video/music-prodigy/)

**[Music Prodigy on Devour.com](http://devour.com/video/music-prodigy/" \t "_blank)**

[devour.com](http://devour.com/video/music-prodigy/" \t "_blank)

[Music Prodigy – While most of us were still whiffing it in little league, at 12, Jay Greenberg was studying at Julliard, finishing...](http://devour.com/video/music-prodigy/" \t "_blank)

**Day 316: OLYMP-I-A for HEALTH: Idea: One way to stay young at heart is to work, play, and share laughter with children. The "fountain of youth" is there for the taking. Just allow yourself to jump in :))**

**Day 317: OLYMP-I-A for HEALTH: Action: I watched the Hero Dog Awards a few days ago and one of the dogs honored was a therapy dog for veterans with Post Traumatic Stress Disorder (PTSD). I looked up more info online (**[**http://www.lifewithdogs.tv/2010/11/ptsd-therapy-dogs/**](http://www.lifewithdogs.tv/2010/11/ptsd-therapy-dogs/)**) and found out about the "P2V" organization. Yet another example of how dogs help with healing. P2V is on Facebook at:** [**https://www.facebook.com/pages/P2V/125894407465018**](https://www.facebook.com/pages/P2V/125894407465018)**.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.lifewithdogs.tv/2010/11/ptsd-therapy-dogs/&h=8AQFMScbK&s=1)[](http://www.lifewithdogs.tv/wp-content/uploads/2010/11/service-dogs.jpg)

**[PTSD Therapy Dogs](http://www.lifewithdogs.tv/2010/11/ptsd-therapy-dogs/" \t "_blank)**

[www.lifewithdogs.tv](http://www.lifewithdogs.tv/2010/11/ptsd-therapy-dogs/" \t "_blank)

[Veteran David Sharpe matches other vets with rescued pets for a group called P2V.](http://www.lifewithdogs.tv/2010/11/ptsd-therapy-dogs/" \t "_blank)

**Day 318: OLYMP-I-A for HEALTH: Action: Did some floor exercises and stretching. A good way to unwind :))**

**Day 319: OLYMP-I-A for HEALTH: Action: Major Kung Fu class and workout! Awesome!**

**Day 320: OLYMP-I-A for HEALTH: Action: I did a 5-mile walk along the river and enjoyed the beautiful and cooler weather. A wonderful day to be outside!**

**Day 321: OLYMP-I-A for HEALTH: Action: Volunteered at an after-school childcare and played outside with children tossing a ball in a fun made-up game. It is amazing what creativity and imagination children have.**

**Day 322: OLYMP-I-A for HEALTH: Action: Did some 5 minute office exercises during work breaks. Good for body and mind!**

**Day 323: OLYMP-I-A for HEALTH: Action: Had a great Kung Fu workout. Did the "kata of the week" 25 times in class. Amazing what 25 repetitions can reveal about a kata.**

**Day 324: OLYMP-I-A for HEALTH: Action: Took my dog for a walk, her first walk after her surgery. So good to see her happy and healthy and eager to be out exploring the world.**

**Day 325: OLYMP-I-A for HEALTH: Action: I saw some of the MD Anderson Children's Art Project merchandise at my local grocery store and purchased some items for the holidays. I found out more info about the Children's Art Project on Facebook at:** [**https://www.facebook.com/MDAndersonChildrensArtProject?sk=info**](https://www.facebook.com/MDAndersonChildrensArtProject?sk=info)

[](https://www.facebook.com/MDAndersonChildrensArtProject?sk=info&ref=nf)

[**MD Anderson Childrens Art Project**](https://www.facebook.com/MDAndersonChildrensArtProject?sk=info)

To be added to our mailing list click here: [http://bit.ly/HkaWwI](http://www.facebook.com/l.php?u=http%3A%2F%2Fbit.ly%2FHkaWwI&h=VAQG1uPEaAQFmxlkKBUxGiN0hNsbZEMlLBLML6BCbezFMNw&s=1) The University of Texas MD Anderson Cancer Center Children's Art Project began in 1973 with the goal of making life better for children with cancer. The Children's Art Project features the original artwork of MD Anderson's young cancer...

**Day 326: OLYMP-I-A for HEALTH: Action: Had fun helping make some pumpkin pie (via the microwave!) with children in after-school care. Such excitement and energy they have about the upcoming holiday. It's great to see the world through the eyes of a child.**

**Day 327: OLYMP-I-A for HEALTH: Action: I read an article about 10 steps people can take (based on current scientific research) to give themselves better health and well-being. Interesting reading! I am working on incorporating these into my daily habits. "Running" the "OLYMP-I-A" is helping :)).** [**http://www.oprah.com/spirit/10-Ways-to-Improve-Yourself-Life-Changing-New-Research/1**](http://www.oprah.com/spirit/10-Ways-to-Improve-Yourself-Life-Changing-New-Research/1)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.oprah.com/spirit/10-Ways-to-Improve-Yourself-Life-Changing-New-Research/1&h=EAQEsjAtP&s=1)

**[10 Ways to Improve Yourself - Life-Changing New Research - Oprah.com](http://www.oprah.com/spirit/10-Ways-to-Improve-Yourself-Life-Changing-New-Research/1" \t "_blank)**

[www.oprah.com](http://www.oprah.com/spirit/10-Ways-to-Improve-Yourself-Life-Changing-New-Research/1" \t "_blank)

[Twenty bucks buys movie tickets or a weekend's worth of lattes. But you can do a world of good, from feeding an](http://www.oprah.com/spirit/10-Ways-to-Improve-Yourself-Life-Changing-New-Research/1" \t "_blank)

**Day 328: OLYMP-I-A for HEALTH: Action: Doing some early morning floor exercises and stretching. Trying to build up my stamina for the upcoming Thanksgiving meal :)).**

**Day 329: OLYMP-I-A for HEALTH: Action: While visiting relatives, I walked my dog several times in the beautiful Fall day, enjoying the breezy, refreshing weather and new sights, sounds, and places to explore. Dogs are great. They get you out and about and bring you face to face with nature and your neighbors :))**

**Day 330: OLYMP-I-A for HEALTH: Action: Had Kung Fu class this morning and enjoyed stretching and practicing multiple katas. Good to get back into the routine of Kung Fu class after a holiday break.**

**Day 331 OLYMP-I-A for HEALTH: Idea: I am uplifted by the beauty and brilliance of a crisp, blue-sky Fall day following the refreshing rain of yesterday. There is glory in nature in the Fall as much as in the Springtime. The cycles of life, birth and death... there can be inspiration and brilliance found in each season if we try our best to live each day to the fullest and search for the good.**

**Day 332: OLYMP-I-A for HEALTH: Action: I joined the "Million Moms Challenge" ... supporting healthy pregnancies and healthy babies throughout the world. The Million Moms Challenge is a joint venture between ABC News and the UN Foundation in conjunction with Baby Center and world class partners around the world, including many NGOs.** [**https://www.facebook.com/millionmomschallenge?sk=info**](https://www.facebook.com/millionmomschallenge?sk=info)

[](https://www.facebook.com/millionmomschallenge?sk=info&ref=nf)

[**Million Moms Challenge**](https://www.facebook.com/millionmomschallenge?sk=info)

**Day 333: OLYMP-I-A for HEALTH: Action: I cooked a simple vegan meal, grilled extra-firm tofu with "Spinach Dal" (creamed spinach and yellow lentils) as a sauce. Delicious!**

**Day 334: OLYMP-I-A for HEALTH: Action: Participated in a meeting to plan education and outreach in Texas to address concerns about the future of Medicaid funding and services and the impact of Medicaid budgetary cuts on individuals, families, jobs, and society as a whole.**

**Day 335: OLYMP-I-A for HEALTH: Action: On World AIDS Day 2011, I found a moving and informative video slideshow about HIV/AIDS and the "Getting to Zero" campaign:** [**http://www.youtube.com/watch?v=MavlF8SyqM4&feature=youtube\_gdata**](http://www.youtube.com/watch?v=MavlF8SyqM4&feature=youtube_gdata)



**[World AIDS Day 2011 Slideshow: Getting to Zero](http://www.youtube.com/watch?v=MavlF8SyqM4&feature=youtube_gdata" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=MavlF8SyqM4&feature=youtube_gdata" \t "_blank)

[World AIDS Day 2011 marks 30 years of AIDS. This student slideshow highlights the](http://www.youtube.com/watch?v=MavlF8SyqM4&feature=youtube_gdata" \t "_blank)

**Day 336: OLYMP-I-A for HEALTH: Action: I found out about the Special Olympics World Summer Games to be held in Los Angeles in 2015. Exciting! Would love to attend this! So many great things happening with Special Olympics. I enjoy reading the updates on Facebook:** [**https://www.facebook.com/specialolympicstx**](https://www.facebook.com/specialolympicstx)**.**



**[Special Olympics World Summer Games LA 2015 Video](http://www.youtube.com/watch?v=iwcVDXm9cEQ&feature=player_embedded" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=iwcVDXm9cEQ&feature=player_embedded" \t "_blank)

[The world's largest sports and humanitarian event is coming to the world's capital for media and entertainment. Los Angeles,](http://www.youtube.com/watch?v=iwcVDXm9cEQ&feature=player_embedded" \t "_blank)

**Day 337: OLYMP-I-A for HEALTH: Action: Strolled through Whole Foods Market on a week-end and taste-tested lots of their delicious free samples... a wonderful way to have a nutritious snack-lunch and try new food and drink items :)). One of my favorite samples was of organic, fair-trade certified hot chocolate from Vermont:** [**http://www.lakechamplainchocolates.com/fair-trade-chocolate.html**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.lakechamplainchocolates.com%2Ffair-trade-chocolate.html&h=KAQFEDEjuAQGsL35T-AUUoIuBTuEtAlkDYBpr7O4v2MyOBQ&s=1)**.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.lakechamplainchocolates.com/fair-trade-chocolate.html&h=vAQFF8IA7&s=1)[](http://www.lakechamplainchocolates.com/catalog/product/gallery/id/1087/).

[Organic Hot Chocolate | Fair Trade Organic Hot Chocolate Mix](http://Organic Hot Chocolate | Fair Trade Organic Hot Chocolate Mix www.lakechamplainchocolates.com USDA and Fair-Trade certified, our all-natural organic dutched cocoa blended with pure organic sugar is a deliciously pure… )

[www.lakechamplainchocolates.com](http://Organic Hot Chocolate | Fair Trade Organic Hot Chocolate Mix www.lakechamplainchocolates.com USDA and Fair-Trade certified, our all-natural organic dutched cocoa blended with pure organic sugar is a deliciously pure… )

[USDA and Fair-Trade certified, our all-natural organic dutched cocoa blended with pure organic sugar is a deliciously pure…](http://Organic Hot Chocolate | Fair Trade Organic Hot Chocolate Mix www.lakechamplainchocolates.com USDA and Fair-Trade certified, our all-natural organic dutched cocoa blended with pure organic sugar is a deliciously pure… )

**Day 338: OLYMP-I-A for HEALTH: Action: I read a fascinating and informative article about Wes Jackson, named an Earthkeeper Hero on "The MY HERO Project:"** [**http://myhero.com/go/hero.asp?hero=Wes\_Jackson\_06**](http://www.facebook.com/l.php?u=http%3A%2F%2Fmyhero.com%2Fgo%2Fhero.asp%3Fhero%3DWes_Jackson_06&h=tAQH26-zsAQHg-xLHEh1BLNIxjNj_1cDjTRo5hHU0ASFQ6Q&s=1)**. He is known as one of the most influential people in the sustainable food movement. "Wes Jackson believes in revolution. One that starts with the way we eat, and the way what we eat is grown." Wes Jackson is a speaker at this week's "Edible Austin- Eat Drink Local Week."**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://myhero.com/go/hero.asp?hero=Wes_Jackson_06&h=6AQEsjN-W&s=1)

**[The My Hero Project - Wes Jackson](http://myhero.com/go/hero.asp?hero=Wes_Jackson_06" \t "_blank)**

[myhero.com](http://myhero.com/go/hero.asp?hero=Wes_Jackson_06" \t "_blank)

[From nutritional consumption stems a revolution on consumer consumption -- what we purchase, what we drive, how we live, and most important of all: how we think.](http://myhero.com/go/hero.asp?hero=Wes_Jackson_06" \t "_blank)

**Day 339: OLYMP-I-A for HEALTH: Action: I am paying attention to my spine and posture. I am consciously trying to sit straight at the computer. I have noticed, especially as I age, that I have a tendency to slump more. It is easy to slip into the habit. Just like regular exercise, we need to work at keeping our posture in line for a healthy neck and back. I read some good tips online:** [**http://www.netdoctor.co.uk/healthy-living/importance-of-posture.htm**](http://www.netdoctor.co.uk/healthy-living/importance-of-posture.htm)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.netdoctor.co.uk/healthy-living/importance-of-posture.htm&h=7AQFg58KV&s=1)

**[The importance of posture](http://www.netdoctor.co.uk/healthy-living/importance-of-posture.htm" \t "_blank)**

[www.netdoctor.co.uk](http://www.netdoctor.co.uk/healthy-living/importance-of-posture.htm" \t "_blank)

[We look at different exercise regimes you can do that focus on improving posture, and we share some tips on how to keep your body in perfect alignment at your desk.](http://www.netdoctor.co.uk/healthy-living/importance-of-posture.htm" \t "_blank)

**Day 340: OLYMP-I-A for HEALTH: Action: I read more about the launching of the "SibTeen" Facebook and Yahoo Groups, where teenage siblings of people who have special health, developmental, or mental health concerns can share and network (**[**http://www.siblingsupport.org/connect/sibteen-facebook-group-and-yahoogroup**](http://www.siblingsupport.org/connect/sibteen-facebook-group-and-yahoogroup)**). SibTeen is hosted by the Sibling Support Project, a national project dedicated to the concerns of brothers and sisters and peer support: (**[**http://www.siblingsupport.org/about/copy\_of\_index\_html**](http://www.siblingsupport.org/about/copy_of_index_html)**).**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.siblingsupport.org/connect/sibteen-facebook-group-and-yahoogroup&h=0AQH9ssqv&s=1)

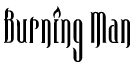
**[SibTeen Facebook group and Yahoogroup — The Sibling Support Project](http://www.siblingsupport.org/connect/sibteen-facebook-group-and-yahoogroup" \t "_blank)**

[www.siblingsupport.org](http://www.siblingsupport.org/connect/sibteen-facebook-group-and-yahoogroup" \t "_blank)

[SibTeen is place where teenage sibs of people with disabilities can connect with others who get it. It's a fun and thoughtful group where members share unique concerns, joys,](http://www.siblingsupport.org/connect/sibteen-facebook-group-and-yahoogroup" \t "_blank)

**Day 341: OLYMP-I-A for HEALTH: Action: I was out and about running errands on a cold night and stopped at a local cafe for a delicious bowl of spicy, vegan chili. A tasty and nutritious way to warm up!**

**Day 342: OLYMP-I-A for HEALTH: Action: I talked with a friend whose relative works for "Burning Man." I looked up more info about the event online and read the Burning Man's Ten Principles:** [**http://www.burningman.com/whatisburningman/about\_burningman/principles.html**](http://www.burningman.com/whatisburningman/about_burningman/principles.html)**. Sounds like a transformative experience.** [](http://images.burningman.com/index.cgi?image=15234)

[](http://images.burningman.com/index.cgi?image=15234)[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.burningman.com/whatisburningman/about_burningman/principles.html&h=IAQGd7BM9&s=1)[](http://www.burningman.com/)[](http://images.burningman.com/index.cgi?image=15234)

[Burning Man: What is Burning Man?: Ten Principles](http://Burning Man: What is Burning Man?: Ten Principles www.burningman.com Burning Man is an annual event and temporary community based on radical self expression and self-reliance in the Black Rock Desert of Nevada.)

[www.burningman.com](http://Burning Man: What is Burning Man?: Ten Principles www.burningman.com Burning Man is an annual event and temporary community based on radical self expression and self-reliance in the Black Rock Desert of Nevada.)

[Burning Man is an annual event and temporary community based on radical self expression and self-reliance in the Black Rock Desert of Nevada.](http://Burning Man: What is Burning Man?: Ten Principles www.burningman.com Burning Man is an annual event and temporary community based on radical self expression and self-reliance in the Black Rock Desert of Nevada.)

**Day 343: OLYMP-I-A for HEALTH: Action: My neighbor and I walked our dogs in the beautiful crisp early evening. Along the way we met and talked with other neighbors, sharing our news and stories. I came home with a feeling of good exercise and an uplifting sense of community. Good for body and soul!**

**Day 344: OLYMP-I-A for HEALTH: Idea: Wishing for the health of my niece (in-law) as she goes into labor, for the health of the new baby, and for the health, well-being, and joy of my nephew as he welcomes his son into the world.**

**Day 345: OLYMP-I-A for HEALTH: Idea/Action: Happy with news of the good health of my brand new "Great Nephew" and his parents also. Doing some floor stretches and looking forward to a day packed full of Kung Fu katas and women's demo practice. Dreaming.... maybe I'll teach my Great Nephew some Kung Fu one day :))**

**Day 346: OLYMP-I-A for HEALTH: Action: I learned about a refreshing, inclusive, and honest new T.V. show, "Rollin with Zach"..... providing a healthy perspective on life:** [**http://tv.nytimes.com/2011/12/12/arts/television/rollin-with-zach-starring-zac-anner-on-own-review.html?src=tp&smid=fb-share**](http://tv.nytimes.com/2011/12/12/arts/television/rollin-with-zach-starring-zac-anner-on-own-review.html?src=tp&smid=fb-share)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://tv.nytimes.com/2011/12/12/arts/television/rollin-with-zach-starring-zac-anner-on-own-review.html?src=tp&smid=fb-share&h=GAQGrRIE6&s=1)

**[‘Rollin’ With Zach,’ Starring Zac Anner on OWN - Review](http://tv.nytimes.com/2011/12/12/arts/television/rollin-with-zach-starring-zac-anner-on-own-review.html?src=tp&smid=fb-share" \t "_blank)**

[tv.nytimes.com](http://tv.nytimes.com/2011/12/12/arts/television/rollin-with-zach-starring-zac-anner-on-own-review.html?src=tp&smid=fb-share" \t "_blank)

[Zach Anner, a reality-show competition winner who has cerebral palsy, travels the country on “Rollin’ With Zach,” attempting things like water-skiing and stand-up comedy.](http://tv.nytimes.com/2011/12/12/arts/television/rollin-with-zach-starring-zac-anner-on-own-review.html?src=tp&smid=fb-share" \t "_blank)

**Day 347: OLYMP-I-A for HEALTH: Action: Got great exercise at Kung Fu class! A much-needed review of katas!**

**Day 348: OLYMP-I-A for HEALTH: Action: Had a wonderful visit with a good friend I hadn't seen in a while and shared hugs and holiday cheer. Reuniting with friends is healthy for the soul!**

**Day 349: OLYMP-I-A for HEALTH: Action: Watched an inspiring video from Special Olympics... the athlete soars with strength, skill, and self-confidence gained through encouragement:** [**http://www.youtube.com/watch?v=iGHBoP4D6Nw&feature=player\_embedded**](http://www.youtube.com/watch?v=iGHBoP4D6Nw&feature=player_embedded)**. When we envision greatness, we find it.**



**[Special Olympics Encourage Omar](http://www.youtube.com/watch?v=iGHBoP4D6Nw&feature=player_embedded" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=iGHBoP4D6Nw&feature=player_embedded" \t "_blank)

[Special Olympics GB has created an emotive short film to illustrate the power of encouragement for people with learning disabilities, please also go to www.e...](http://www.youtube.com/watch?v=iGHBoP4D6Nw&feature=player_embedded" \t "_blank)

**Day 350: OLYMP-I-A for HEALTH: Action: I read an article on the health benefits of kale- great info!** [**http://www.organicauthority.com/health/reasons-kale-is-the-new-beef-nutritious-sustainable.html?mid=5497**](http://www.organicauthority.com/health/reasons-kale-is-the-new-beef-nutritious-sustainable.html?mid=5497)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.organicauthority.com/health/reasons-kale-is-the-new-beef-nutritious-sustainable.html?mid=5497&h=gAQG-3Qxy&s=1)[](http://www.organicauthority.com/health/reasons-kale-is-the-new-beef-nutritious-sustainable.html)

**[7 Reasons Kale Is the New Beef | Energetic Health](http://7 Reasons Kale Is the New Beef | Energetic Health www.organicauthority.com 7 billion people are now standing on the little scraps of land that we share with some 55 billion rather large animals raised for food each year. But, beef (and all factory-farmed meat) may be going from rib-eye to relic as we transition to a… )**

[www.organicauthority.com](http://7 Reasons Kale Is the New Beef | Energetic Health www.organicauthority.com 7 billion people are now standing on the little scraps of land that we share with some 55 billion rather large animals raised for food each year. But, beef (and all factory-farmed meat) may be going from rib-eye to relic as we transition to a… )

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**Day 351: OLYMP-I-A for HEALTH: Action: I learned about "Wheels for Wishes," a charity vehicle donation program benefiting the "Make a Wish Foundation" of central and south Texas. Donating helps children facing life-threatening illnesses. It is easy and hassle-free and helps the environment by recycling vehicles.** [**http://austintexas.wheelsforwishes.org/**](http://austintexas.wheelsforwishes.org/)**. The national "Make A Wish Foundation" has chapters all across the U.S. A wish is granted to a child and their family every 40 minutes!** [**http://www.wish.org/**](http://www.wish.org/)**. Amazing!**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://austintexas.wheelsforwishes.org/&h=ZAQHX26VY&s=1)[](http://austintexas.wheelsforwishes.org/wish-stories/)

**[Austin Texas Make-A-Wish Car Donation Donate Your Car Maximum Tax](http://austintexas.wheelsforwishes.org/" \t "_blank)**

[austintexas.wheelsforwishes.org](http://austintexas.wheelsforwishes.org/" \t "_blank)

[Donate your car, truck, boat, SUV, ATV, or any other vehicle to benefit the Make-A-Wish Foundation of Central and South Texas. Make dreams come true for local children.](http://austintexas.wheelsforwishes.org/" \t "_blank)

**Day 352: OLYMP-I-A for HEALTH: Action: Good workout at Kung Fu practice... very energizing. A great way to warm up in the winter :)).**

**Day 353: OLYMP-I-A for HEALTH: Action: Visited with long-time friends (former co-workers) who I hadn't seen in a while. A healthy boost to my spirits!**

**Day 354: OLYMP-I-A for HEALTH: Action: I read about "Project Medishare" and their Agriculture program in Haiti, using Earth Boxes to help support community health and nutrition:** [**http://www.projectmedishare.org/what-we-do/agriculture-program/**](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.projectmedishare.org%2Fwhat-we-do%2Fagriculture-program%2F&h=QAQH2f_wDAQHgvFa7JFdVUVjTQI5v_acvWBsgFAzCaU8qyA&s=1)**.**

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.projectmedishare.org/what-we-do/agriculture-program/&h=hAQEbDI29&s=1)[](http://www.projectmedishare.org/photos-videos/photos/?album=all&gallery=1)

**[Agriculture Program - Saving Lives, Rebuilding Hope | Project Medishare](http://www.projectmedishare.org/what-we-do/agriculture-program/" \t "_blank)**

[www.projectmedishare.org](http://www.projectmedishare.org/what-we-do/agriculture-program/" \t "_blank)

[Agriculture Program Promotes Nutrition, Jobs Sustainable agriculture is a necessary component to providing and improving community healthcare. It will also](http://www.projectmedishare.org/what-we-do/agriculture-program/" \t "_blank)…

**Day 355: OLYMP-I-A for HEALTH: Action/Idea: I found out today that a friend of mine (who I haven't seen for quite a while) was recently diagnosed with cancer. I called and we talked and caught up on the news. I am reminded how unpredictable and fragile life and health can be. And yet, at the same time, I am witness to the power of friendship and the immense strength and resiliency of the human spirit.**

**Day 356: OLYMP-I-A for HEALTH: Action: I have learned the importance of exercising and resting back muscles. Poor posture can weaken back muscles. In my simple efforts to improve my posture, I began working some back muscles I obviously hadn't used in a while, resulting in a sore back. Not to be discouraged, I'm taking this as an indicator that my back muscles were "out of shape" and I'm starting to make a difference :)).**

**Day 357: OLYMP-I-A for HEALTH: Action: I watched a great video about how Whole Foods is encouraging employees and others to make healthy lifestyle choices. Informative and inspiring for change!** [**http://www.youtube.com/watch?v=I-qO82yjiBg&feature=player\_embedded**](http://www.youtube.com/watch?v=I-qO82yjiBg&feature=player_embedded)



**[John Mackey at TEDMED 2010](http://www.youtube.com/watch?v=I-qO82yjiBg&feature=player_embedded" \t "_blank)**

[www.youtube.com](http://www.youtube.com/watch?v=I-qO82yjiBg&feature=player_embedded" \t "_blank)

[John Mackey discusses how Whole Foods is incentivizing employees to make healthy lifestyle decisions.](http://www.youtube.com/watch?v=I-qO82yjiBg&feature=player_embedded" \t "_blank)

**Day 358: OLYMP-I-A for HEALTH: Action: Enjoying a relaxing, restful morning after a busy week and a fun time talking late into the night and early morning with a life-long friend. I feel restored, body and soul :))**

**Day 359: OLYMP-I-A for HEALTH: Action: Shared some vegan tofu recipes and egg-substitution cooking tips with relatives and talked about the health benefits of vegetarian/vegan cooking.**

**Day 360: OLYMP-I-A for HEALTH: Action: Got good rest (slept past 6 a.m.) and had a relaxing breakfast with my relatives... a good way to start a holiday morning.**

**Day 361: OLYMP-I-A for HEALTH: Action: Went to Kung Fu class after the holiday break and reviewed katas. My muscles told me that I got some much-needed exercise :)).**

**Day 362: OLYMP-I-A for HEALTH: Action: Took a walk at sunset along the Town Lake Trail, crossing the pedestrian bridge and enjoying the crisp, fresh air and the beautiful sky blending with the river's reflections.**

**Day 363: OLYMP-I-A for HEALTH: Action: I read an article about the health benefits of soup and got some tasty soup recipes:** [**http://www.huffingtonpost.com/dr-patricia-fitzgerald/soup-recipes\_b\_1173275.html?ref=healthy-living**](http://www.huffingtonpost.com/dr-patricia-fitzgerald/soup-recipes_b_1173275.html?ref=healthy-living)

[https://s-static.ak.facebook.com/rsrc.php/v2/y4/r/-PAXP-deijE.gif](http://www.facebook.com/l.php?u=http://www.huffingtonpost.com/dr-patricia-fitzgerald/soup-recipes_b_1173275.html?ref=healthy-living&h=EAQEsjAtP&s=1)

[Warm Up, Slim Down and Get Healthy With Delicious Winter Soups](http://Warm Up, Slim Down and Get Healthy With Delicious Winter Soups www.huffingtonpost.com When I want to remedy that \"cold to the bone\" wintertime feeling, a delicious steaming bowl of soup often comes to mind. Here are four great reasons to eat more soup this… )

[www.huffingtonpost.com](http://Warm Up, Slim Down and Get Healthy With Delicious Winter Soups www.huffingtonpost.com When I want to remedy that \"cold to the bone\" wintertime feeling, a delicious steaming bowl of soup often comes to mind. Here are four great reasons to eat more soup this… )

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**Day 364: OLYMP-I-A for HEALTH: Action: I found an article about "Green Lemonade" which provides the recipe and a video on how to make it. My friend has told me about it and makes it regularly. Tasty and healthy! The article says to use the following organic ingredients and consume immediately: a big fistful of kale, seven stalks of celery, one inch piece of ginger, two apples, and one lemon with the ends cut off.** [**http://www.huffingtonpost.com/sandy-henson-corso/kale-juice-my-miracle-ton\_b\_498464.html**](http://www.huffingtonpost.com/sandy-henson-corso/kale-juice-my-miracle-ton_b_498464.html)

**[Kale Juice: My Miracle Tonic! (VIDEO)](http://www.huffingtonpost.com/sandy-henson-corso/kale-juice-my-miracle-ton_b_498464.html" \t "_blank)**

[www.huffingtonpost.com](http://www.huffingtonpost.com/sandy-henson-corso/kale-juice-my-miracle-ton_b_498464.html" \t "_blank)

[When Green Star sent me a juicer, I knew juicing greens was the next step in my nutritional evolution.](http://www.huffingtonpost.com/sandy-henson-corso/kale-juice-my-miracle-ton_b_498464.html" \t "_blank)

**Day 365: OLYMP-I-A for HEALTH: Action: I had fun playing tennis in the park with my husband on this beautiful, blue-sky last day of 2011. What a glorious day to be outside! Heart happy, muscles singing.... welcoming the coming New Year!**