

## Fall Hobbies

As the seasons change, our habits and routines adjust. In many areas, outdoors activities are more popular with cooler weather. Shorter days can affect how we feel, how we sleep, and food preferences. We are surrounded by pumpkin spice offerings at coffee shops and supermarkets.



In this issue, we focus on a few popular fall hobbies. One popular hobby is biking. The Temple University Collaborative recently produced a manual for a bike-share program to boost physical activity. The program involves six classes over three weeks and group rides. You can find more information at:



[www.tucollaborative.org](http://www.tucollaborative.org)  
(click “resources” then “physical activity”)

If you are a regular reader, you already know that physical activity provides many health and wellness benefits, including get fresh air and outdoors, improved heart health, relieve stress and improve thinking. So—get out and enjoy the wonderful fall weather!

## Don’t Give up: Keep Trying

by Lauren Dick

“It is time,” said my dad. He was taking me to learn how to ride a bike. I was so nervous that I cried the whole trip there! We went inside to get ready. Several minutes later we went outside. I got on the bike. My dad held the bike. When he let go I fell and the bike fell on top on me! The tire scraped, the brake hit, and the wheel squeaked! I was screaming and crying. It was like the tornado in the Wizard of Oz! Afterwards, my dad said, “Come on Lauren, try again!” I refused and quoted, “I can’t!”

I was furious! I went into his house and angrily poured a glass of water into the cup. I was so angry. When my father tried talking to me, I screamed! After that, I grabbed a fiber bar and started to jump rope. I was no longer stressed or angry, but I was still scared.

My dad and I went back outside. I got on the bike. I rode slowly at first with dad holding onto the back. Surprising, he let go. I rode like the wind. I rode as fast as a roadrunner! I felt awesome!!!!!! I was so proud of myself. My dad was so proud that he took me for ice cream! Now, I love riding my bike.

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## ***Don't Give Up!*** (continued from page 1)

That day I learned that if you just keep on trying you will eventually get it. Next time you do something you don't get the first time, **don't give up, just keep on trying**. Once you get it you will feel great! It did for me!!

Now when I ride my bike I feel free!!! On hot days the breeze feels great! Sometimes my friend and I go to the park and we ride our bikes with my mom. Now I'm getting a new bike. I have to get used to it, but I'm sure it will be as good. Hey, it might even be even better.

## **Fall Hobbies**

Biking is at the top of our list for fall hobbies! Here are some others:

- Attend a state or county fair. Look for the local giant pumpkin! The US national record is over 2500 lbs!
- Photography—how about taking pictures of your local fall colors or a scenic spot?
- Hiking (or just walking) -gets you out in the fresh air.
- Baking – enjoy the smell of something homemade like pumpkin or apple cinnamon muffins.
- Houseplants can help you hang on to some summer green. Try growing herbs or even an [air plant](#).
  - *Think about your favorite fall hobby!*



## **References and Resources**

Thanks to Lauren Dick for her contribution. This initially appeared in WOW in 2013. At the time Lauren wrote her bicycle essay, she was 9 years old and Author of the Month at her elementary school.

Except for the photo of the 1300 lb. giant pumpkin, on the left, which was taken by Pat Nemec, the photos in this issue are listed online as free for reuse without attribution, from pixabay.com

For more info, search for air plants at <http://gardeningsolutions.ifas.ufl.edu/>

## **Health Literacy Month**

Sponsored by the **Institute for Healthcare Advancement**, *Health Literacy month* reminds us about the importance of health information that we can understand and use for better health.

The 2019 theme is “Be a Health Literacy Hero.” Take action and find ways to improve health communication! Identify health literacy problems and find ways to solve them. Recognize and support your local Health Literacy Heroes.

For more on planning health literacy events for October, go to the [Health Literacy Month](#) website.



The full link about the Health Literacy Month Handbook is:  
<http://www.healthliteracymonth.org/health-literacy-month-handbook-the-event-planning-guide-for-health-literacy-advocates/>

