



# Personal Self Defense Awareness Month & Family Fit Lifestyle



<http://www.selfdefenseresource.com> Awareness and avoidance are the best defense. Be aware of your environment. When you are out and about be mindful of people, places, location, dark areas, weather, and distractions.



If you are attacked, the key to self defense is to target your attacker's vulnerable spots. Ladies go for the eyes, throat, and groin. Throw in some martial arts moves, wrestling, boxing. Hey, when your life is in danger, use whatever works!

## The Ultimate Self-Defense Move

1. John Doe (the attacker) approaches me (the victim) from behind and wraps his arm around my neck to choke me.
2. I quickly turn my head in the opposite direction (if approached from the left, turn to the right), then press my chin against my shoulder to prevent John Doe from fully grasping my throat. With both hands, I grab his wrists and pull downward.
3. I take a wide diagonal step backward and to the side with my right leg, then plant my left leg behind John Doe. The lower half of my body is now behind him. Squatting for support, I grab the back of his thighs, just above the knees.
4. Now that John Doe is slightly off balance, I can lift him with my legs (as opposed to my back, to minimize the burden of weight) and flip him backward.
5. As John Doe falls and releases his hold (he needs to do this to break his fall), I step to the side. With him on the ground, I can escape.

By Reyhaneh Fathieh



Photographs by Todd Plitt for USA WEEKEND

## Family Fit Lifestyle

**Eat healthy foods:** vegetables, fruit, dry beans, whole grain breads & cereals, oats, corn, barley), lean poultry, fish

**Stay Physically Active** (See Work Out Below)

**Don't smoke** (If you do, stop)

See Personal Prevention Chart (keep track of preventive care)

[http://www.pueblo.gsa.gov/cic\\_text/health/healthy50plus/50prevch.htm](http://www.pueblo.gsa.gov/cic_text/health/healthy50plus/50prevch.htm)

[http://www.pueblo.gsa.gov/cic\\_text/health/healthy50plus/50what.htm](http://www.pueblo.gsa.gov/cic_text/health/healthy50plus/50what.htm)

<https://www.mdpedi.com/ekidz/ekidz/ekidzdocuments.html>

<http://www.dole5aday.com/#banana>

<http://www.childcareaware.org>

## Family Fit Lifestyle



### Work Out With Family & Friends While Having Fun

Hula Hoops can be found at the \$1.00 store

Walk the mall before the stores open

Go bike riding together

Go swimming

Do gymnastics

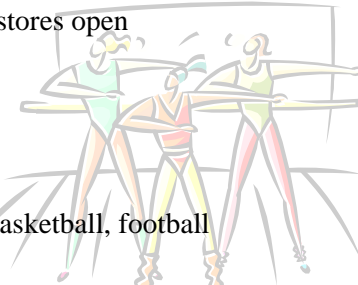
Swing on swings

Golf with your spouse

Play volley ball, soccer, basketball, football

Lift weights

*Schedule a regular time. Take turns choosing the activity.*



This newsletter is prepared just for you by the Education Committee of the CHOICES Task Force.

<http://www.shapeup.org/publications/99tips>. For.family.fitness.fun/#intro