



**Healthy News & Reviews  
For Ages 8-13  
From Grandma and the  
Healthy Kid's Club  
October 2007**

Fall is here! If you live in an area where the seasons change, you have probably played in the fallen leaves like the boy in the picture. Raking leaves, then playing in them is fun for the whole family! It's also an excellent way to get lots of exercise and help your parents at the same time. Grab your rake and get started!



**Good Dental Health is Important**

Do you visit the dentist twice a year for cleanings and a check-up? If not, you should! Once your permanent teeth come in, you want to keep

them for a lifetime, and that means proper care is important. It is also important to brush your teeth at least twice a day (or more if your dentist recommends), and floss every day to keep your gums healthy and remove food particles that your toothbrush missed. Poor dental health can lead to gum disease, which can actually lead to heart trouble, so take good care of your teeth and gums.

**Soft Foods for Children With  
Braces**

If you currently wear braces, your mouth is probably sore for a couple of days each time you have them adjusted. During that time, you will want to eat foods that are soft, but high in nutrition without being high in calories and sugar.

Some foods that would be appropriate are fruit smoothies, yogurt, soups, cottage cheese, and pudding. There is also a website that has recipes for children with braces. It is

[http://www.parenthood.com/articles.html?article\\_id=3327](http://www.parenthood.com/articles.html?article_id=3327)

Nothing can replace a beautiful smile, so take care of your teeth and they will take care of you!

## THE GOBONS GO TO SCHOOL



*In our last issue, Kevin and Gavin were surprised by a group of aliens from outer space called the Gobons. The Gobons were from the planet Nemus, and came to prevent the children on Earth from self-destructing due to poor diets and lack of exercise.*

*When the Gobons flew away, they promised to come back the next day to go to school with the boys.*

Early the next morning, Kevin's father called the school principal to advise her of the Gobons' plan to come to school. He knew that it would be a shock to see the Gobons without any warning. The principal agreed to schedule a special assembly in the gym so that all the students could attend.

As promised, the Gobons flew in about 7:00 A.M. This time there were at least four dozen of them, including children. The children ranged in age from about 5 to 9 or 10. They flew by themselves. They were larger than the Earth children, and had well-developed muscles like their parents.

With Kevin and Gavin leading the way, they all walked the short distance to the school. The principal, Mrs. Thomas, was there to welcome them. Even though Kevin's father had prepared her with a description of the Gobons, she was visibly shocked when she saw them. They all went into the school gym, where the other students were waiting.

The children were stunned when the Gobons walked in. Mrs. Thomas introduced them and explained that the purpose of their visit was to teach everyone healthier habits so that they wouldn't self-destruct at a young age.

The Gobon leader, Zemog, greeted the children and introduced the other Gobons. "I want to tell you a little about life on Nemus" he said, "so that you can see why we are so healthy and strong and why we are so concerned about you Earthlings".

Babies on Nemus are fed lots of fresh fruits and vegetables as soon as they can eat regular food. As soon as they are able to crawl, we encourage them to move around and explore as much as possible.

Children under the age of 3 are not allowed to watch television. We know that they need exercise for healthy muscle development, and TV prevents them from getting that exercise.

Starting at age 3, we allow one-half hour of TV or computer games for every two hours of active play, with a limit of 2 hours per day of "screen

time". The parents spend time each day doing some kind of exercise with the children, such as shooting hoops, jumping rope, riding bikes, or jogging. The rest of the time the children play with the other children in the neighborhood.

All that exercise gives the children a healthy appetite, and they are fed a variety of fresh fruits and veggies, whole grains such as whole wheat bread, brown rice, and oatmeal, fat-free milk, yogurt and cheese, and proteins like beans, nuts, chicken, fish, lean meat, and eggs.

He turned to the Gobon children and said "Why don't you show the Earthlings some of the things you do for play?".

The children first demonstrated how they could fly. Their hair stood straight up, and they rose into the air about 20 feet, then hovered there like mini-helicopters. After a few minutes, they came back down and began tumbling, doing handsprings, back flips, and all sorts of fancy movements.

They stopped and pulled jumping ropes out of their backpacks, and began jumping in perfect unison, and doing all sorts of tricks with the ropes.

The Earthling children were amazed at the energy the Gobon children demonstrated. They wanted to be just as energetic themselves!

As if to read their minds, Zemog asked "Would you like us to help you become as strong and healthy as we

are?"

"Yes!" the children said. "Teach us to be like you!"

Zemog asked the children to come out of their seats onto the floor, where he proceeded to lead them through jumping jacks, stretching exercises, crunches, and finally, laps around the gym.

"You need to do this for a few minutes every day", he said. "After that, do a different kind of exercise such as jumping rope." He started pulling jumping ropes out of his backpack in what seemed to be a never-ending supply! After everyone had a rope, he had them jump for a few minutes, and then he taught them how to do tricks with their ropes.

"Now that you have exercised, you may go back to your classes" Zemog said. Today we are going to prepare your lunch. You can eat some of the foods that our children eat instead of those awful French fries, cheeseburgers and sodas that you normally eat. Why, it's a wonder you don't fall asleep in class after eating all that fatty food!"

The children looked at each other, knowing that some of them DID fall asleep in class, or at least nod off for a few seconds.

The children went back to class, wondering what the Gobons had in store for lunch.....

*Next issue: The Gobons demonstrate their cooking skills in*

*the school cafeteria....*

During the month of October, see if you can exercise the way Zemog suggested, and limit your TV and computer time to 1 or 2 hours a day. If you do that each day, you will be amazed at the difference in your energy by the end of the month! (Don't try to fly-we earthlings haven't mastered the art of flying yet, and we don't want you to hurt yourself!)

### **Featured Products This Month**

#### **Books:**

##### ***The Healthy Start Kid's Cookbook***

This cookbook contains 90 fun kid-tested recipes fully approved by parents and nutritionists alike. Included are recipes for

Painted Pancakes  
Fruit Kabobs  
Oven Baked Chicken Nuggets  
Kids' Quick Chili  
And more!

<http://www.grandmashealthykidsclub.com/books.html>

##### ***The Mash & Smash Cookbook***

Roll up your sleeves and have a blast smashing, mashing, squishing, squeezing, and shaking your way to power-packed breakfasts, luscious lunches, lip-smacking snacks, and delicious dinners! This book is filled with tasty treats that will tempt every

kid's appetite.

<http://www.grandmashealthykidsclub.com/books.html>

##### ***American Medical Association's Boys'/Girls' Guide to Becoming A Teen***

Has your body started changing as you enter puberty? Do you have feelings and emotions that you never had before? Are there questions you would like to ask your parents, but you are embarrassed to ask? If so, this book is for you. The books are specific for either boys or girls, and they were written by a doctor who specializes in adolescent medicine and a licensed clinical social worker. It will answer all your questions in a factual, easy to understand manner.

<http://www.grandmashealthykidsclub.com/books3.html>

##### **Sports Science**

Discover what makes a curve ball curve; why a Frisbee flies; and uncover the secret behind a skateboarder's "Ollie!"

40 Goal-scoring, high-flying, medal-winning experiments for kids!

<http://www.grandmashealthykidsclub.com/books3.html>

***It's Not Your Fault That You're Overweight--Boys'/Girls' Editions***

If you are overweight and feel that it is all your fault and you are powerless to do anything about it, this book will help you understand all the negative influences you encounter daily, and teach you how to make positive changes in your life once and for all!

<http://www.grandmashealthykidsclub.com/books3.html>

Use coupon code SAVE25 to save 25% on any book on our website this month! To use your coupon, do this:

- Select an item and click "Add to cart"
- On the next page, go to the empty box at the bottom, type SAVE25 then click "redeem coupon"
- Continue to shop or complete your order

**Thought For The Day**

"A year from now you may wish you had started today." - Karen Lamb

In case you think you will never reach your goals in life, whatever they might be, think again. A year from now you can either be better, worse or the same.

If you start today--not tomorrow, next week or next month--you have a whole year to make improvements. Small changes in your diet such as reducing portion sizes, limiting sweets to once or twice a week, and changing to whole grain breads and

cereals can make a big difference.

A 15 minute walk once or twice a day going as fast as you can will improve your energy level and reduce stress. It will also help you sleep better and be more alert in school.

Don't wait another minute—start now!

Have a great October and a fun-filled Halloween!

Love,  
Grandma

Bev Grey  
Grandma's Healthy Kid's Club  
P.O. Box 17894  
Indianapolis, IN 46217  
Telephone 888-811-1445

For permission to reprint any part of this newsletter, send an e-mail to [info@grandmashealthykidsclub.com](mailto:info@grandmashealthykidsclub.com)