



Healthy News & Reviews  
For Ages 8-13  
From Grandma and the  
Healthy Kid's Club  
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For most of you, the new school year is probably underway. In order to do your best in school this year, you need to be as healthy as possible and have as much energy as possible. Here are some suggestions to help you accomplish that:

-Get enough sleep. Children in grade school or middle school usually need at least 9-10 hours of sleep every night. If you have trouble going to sleep, be sure to turn off the TV or computer at least 1 hour before bedtime; take a warm bath or shower in the evening; and don't eat a large meal too close to the time you go to bed. Avoid soda pop, chocolate, or anything with caffeine or sugar, since those things may keep you awake.

-Eat a healthy breakfast. A protein food such as an egg, some natural peanut butter on whole wheat toast or English muffin, and a piece of fruit or glass of natural fruit juice will get your day started right. You could also have some whole-grain cereal with low-fat milk and fruit. The

important thing is NEVER SKIP BREAKFAST and never eat just a sugary food such as a toaster pastry, because it will cause your blood sugar to drop quickly and you will be hungry again in a short time.



-Get at least 60-90 minutes of exercise every day, either indoors or outdoors. If your school has recess or physical ed, you can count that time as long as you are actively moving. You can also count time doing yard work, washing the car, or housework such as running the vacuum, sweeping or mopping the floors.

If no one is at home when you get home from school and you aren't allowed to go outdoors until your parents get home, you can work out to an exercise video, dance, or do any household chores that you are allowed to do by yourself.

### **A New Story**

*A little over a year ago, I had a serial story in my newsletter about a group of aliens from the planet Nemus. I've*

*received so many positive comments about the story that I decided to run it again for all my new readers. Here it is:*

### **“The Gobons Have Landed!”**



(To make the above picture look more like the Gobons described in my story, draw hair on the Gobon’s head, either standing straight up or falling softly around his shoulders)

They came out of the sky like a flock of birds--about two dozen of them. They were not in a spaceship, but appeared to be flying under their own power. No wings were visible, but their hair stood straight up until they landed, then it fell softly around their heads. Apparently, that was what gave them the power to fly.

They were huge creatures--about 8 feet tall and very slender. Their skin was translucent, and you could see their muscles underneath. They looked like a picture of the human body’s muscles that you see in a health or medical book.

Their facial features were similar to earthlings except that they had an extra eye in the back of their heads. Kevin and his friend Gavin were

sitting in the back yard playing video games and snacking on potato chips and sodas when the aliens arrived. Their mouths flew open as they stared at their visitors.

Gavin finally gathered the courage to speak, and asked them “Who are you, and where do you come from?”

“We are the Gobons, and we are from the planet Nemus, which is millions of light-years away.” said the largest of the creatures. He spoke perfect English, without any kind of accent. (They later learned that the Gobons spoke over 2000 languages, from Earth as well as other planets.)

“Why are you here?” asked Kevin. “Are you going to kill us?”

“We mean no harm”, explained the creature. “We have been watching you earthlings self-destruct for many years, and we decided it was time to come to Earth and offer our assistance.”

“What do you mean when you say we are self-destructing?” asked Gavin. “We’re just having a snack and playing video games”.

“That’s the problem”, said the creature. “I’ll venture to say that you have very little strength or energy. Why--you can’t even fly!”

Kevin and Gavin were stunned by the Gobons’ comments. “What makes you say we have no strength?” Kevin asked the Gobon’s leader.

“Let me see you do 100 push-ups.” the creature ordered.



“Sure,” Kevin said hesitantly. He dropped to the ground and did one push-up, then fell on his face”.

“I’m a little out of practice, he said defiantly. How many push-ups can you do?” he challenged, addressing all the Gobons in the group.

They immediately dropped to the ground and started doing pushups faster than the boys had ever seen anyone do them. After they had counted 100, Kevin said “Stop! I’ve seen enough!”. The Gobons stopped.

Each Gobon had a backpack, and the leader reached in his backpack and pulled out a jumping rope. He handed it to Kevin and said “Let’s see how long you can jump rope without stopping!”.

Kevin jumped about a dozen times, then tripped over the rope and almost fell. He said “I guess I’m not in very good shape after all. Let’s see you do it.”

The Gobons each pulled out a jumping rope and began to jump. After about 5 minutes, Kevin ordered them to stop. “What else can you do?” he asked.

One of the Gobons pulled out what appeared to be a bongo drum and began beating out a hip-hop-type of rhythm. The other Gobons immediately started to dance in perfect unison.



They did spins and jumps and lunges and splits like a well-trained dance troupe. It was the most amazing spectacle the boys had ever witnessed.

“Wow!” Gavin said. “You make it look so easy. Can you teach us?”

“We intend to do just that”, the Gobons’ leader said. “We also intend to help you change your diets. Why, it’s amazing you are even alive with all the junk you put in your bodies!”

“I guess we could use a little help”, Kevin said. “When do we start?”

“Let’s start right now,” the leader said. He handed each boy a jumping rope and said “take these ropes and jump until I tell you to stop”.

Each boy took a rope and started jumping slowly. They tripped a few times, but managed to jump for about 2 minutes when the leader said “Stop! You need to build up your strength gradually, so I want you to jump for 2 minutes several times today. Each day we will increase the length of time you jump”.

The boys were anxious to be strong and energetic like the Gobons, so they nodded their agreement.

“Let’s try the pushups again”, the leader said. Try to do 5 pushups without stopping”.

The boys dropped to the ground and did the pushups, but they were really exhausted after completing 5.

“That’s good for now”, the leader said. “Tomorrow we will do more until you can compete with us”.

“Let’s go for a walk now”, the leader said. He started walking down the block along with Kevin, Gavin and all the Gobons. They walked for about 5 minutes, until the boys were out of breath. They turned around and came back to Kevin’s house.

“Tomorrow, we will walk for 10 minutes in each direction, then we will add a few more minutes each day until you are walking for at least 30 minutes a day. After that, you can try jogging or running.”

“What are you having for dinner?” the Gobon asked.

“Probably the usual, Kevin replied. Most of the time, Mom is too tired to cook, so we go to a fast-food restaurant for cheeseburgers, fries and sodas.”

“No wonder you’re in such awful shape” the leader said. “How can you expect your body to perform for you if you don’t give it good nutrition?”

“What do you eat?” Gavin asked them.

“Certainly not that junk!” the leader exclaimed. We eat lots of energy foods such as fruits and veggies, whole grains like oatmeal or whole wheat bread, and healthy proteins like fish, poultry, lean meat, or beans. We also drink low-fat or fat-free milk, and eat low-fat yogurt, cottage cheese or cheese every day. Would you like for us to prepare a healthy dinner for you tonight?” he asked.

“Sure,” Kevin said. “I don’t think we have many of those foods in the house though.”

“Let’s go to the supermarket” the leader said. “I’ll show you how to choose healthier foods that will make you strong like us.”

Kevin, Gavin, and all the Gobons headed off to the supermarket. When they walked in, the customers and supermarket employees were shocked. Some screamed and ran

away; one lady fainted and fell right into her shopping cart! The Gobons pretended not to notice, and went about their task of choosing healthy foods for dinner.

They started in the produce department, where they selected sweet potatoes, different kinds of lettuce and colorful veggies for a salad, and some apples, peaches and oranges for dessert and snacks.

They moved on to the fish section, where they selected a piece of salmon.

"I don't think I like salmon or any of those vegetables", Kevin complained.

"Don't be such a baby!", the leader said. "Nobody said you have to like them, you just have to eat them if you want to be like us. Anyway, you will develop a taste for nutritious foods after you have eaten them a few times. You are so used to a high-sugar and high-fat diet that your taste buds will have to make some adjustments. Will you try?"

"I guess so. I sure don't want to self-destruct any time soon!" Kevin replied.

After that, it was on to the dairy section for milk and yogurt, and to the bread department for whole-grain dinner rolls and a loaf of whole-wheat bread.

"This should take care of dinner" the leader said. He pulled out some American money and paid the stunned cashier for the food.

The boys walked home with the Gobons, where Kevin introduced them to his parents. They were shocked, but agreed that they could use a little help in improving their family's health.

The Gobons moved efficiently around the kitchen, washing and chopping vegetables for the salad, scrubbing the sweet potatoes, and preparing the salmon. The Gobon leader sprayed olive oil cooking spray on the salmon, then sprinkled dried oregano, pepper, and fresh parsley over it. He added some minced garlic cloves, and thinly sliced tomatoes and onions, then put it and the sweet potatoes in the oven to bake.

Dessert was sliced fresh peaches.

Even though the boys were not accustomed to the food, it was really better than they expected, and they both finished healthy portions of everything.

"I'm proud of you boys," the Gobon said with a smile. You have started on a wonderful journey to better strength and energy. Tomorrow, we will go to school with you so that the other kids can learn the same things you are learning." With that, the Gobons walked outside, where they disappeared into the sky....

*Next issue.....The Gobons go to school.*

Do you want to self-destruct? If not, follow the Gobons' plan for exercise and healthier eating! To help you be healthier, here are

our featured products for September:

### **Hip Hop for Kids DVD/CD**

Learn the basic hip hop moves and get lots of exercise at the same time. This DVD is recommended for children from 8-12.

### **Hip Hop for Kids Pop, Lock & Break**

This DVD has more advanced hip hop moves, and is for anyone who has mastered the basics and wants to learn more.

See the DVD's at [www.grandmashealthykidsclub.com/videos.html](http://www.grandmashealthykidsclub.com/videos.html)

**Digi-Jump Skipping Rope**--the digital counter on the handle tells you how many times you have jumped so that you can keep trying to improve your own record.

Jumping rope is ideal exercise. After all, boxers do it, and they are in great physical condition!

E-Z Rope Classic and Deluxe. If you have trouble jumping rope because you keep tripping over the rope, this is your answer. It has no middle, so there is nothing to trip over!

See the jumping ropes at [www.grandmashealthykidsclub.com/other.html](http://www.grandmashealthykidsclub.com/other.html)

Use coupon code SAVE20 to save 20% on any of the above items. To use your code, do this:

Select your item, and click "add to

cart"

On the next page, go to the empty box at the bottom, type SAVE20 then click "redeem coupon". You will see the new price immediately.

-Continue to shop or complete your order.

And most important--never order anything without your parents' permission!

### **Earn A Glow-In-The-Dark Frisbee!**

No purchase required! All you have to do is get 10 people to sign up for our FREE e-mail newsletters and I'll send you a Dyn-O-Glo Frisbee. Tell your classmates, relatives, teacher, doctor, minister, or others about this newsletter and have them sign up also. Just tell them to be sure to put your full name in the "How did you hear about us?" space so that I will know who referred them. You can also e-mail me a list of the people you signed up so that I can make sure you get credit for them. Spread the word!! Tell them to go to [www.grandmashealthykidsclub.com](http://www.grandmashealthykidsclub.com) and click on to the newsletter link in the box at the top of the page.

Have a great September, and stay healthy like the Gobons!

See you next month!

Love,  
Grandma

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