

Time to Win

Win while you wait. Learn a few key concepts and habits to live healthy and happy, develop several new skills, and play an empowering game or two. If someone is with you, enjoy the time together.

Book Review:

“How to Get Kids to Eat Great and Love It!”

By Christine Wood, M.D.

Dr. Wood is a practicing pediatrician who found a need to address the questions her patients repeatedly ask regarding the role nutrition plays in the health of their children. Her book offers excellent suggestions for setting up a lifetime of good eating habits for your children. This is important because what used to be only diseases for “old people” are being seen in children, such as: allergies and asthma, cancer, cardiovascular disease, diabetes and obesity. How do you make sure your child gets a good start on life and eats right, to help combat the chance of getting one of these diseases? Dr. Wood says, “Parents must start today, model a healthy lifestyle, and do all they can to create children who will eat healthy and be active. It is perhaps the greatest gift we can give our children...the gift of health now and long into the future”.

Order this book & others at up to 30% discount, at:
<http://www.learningsuccess.com/timetowin.htm>

Time to Win is brought to you by **Learning Success**, a provider of personal and family success ideas, tools, and resources, and the **Energy Unlimited Group**, a team of **independent USANA associates**. **USANA Health Sciences** is a manufacturer of top quality nutritional supplements mentioned by Dr. Christine Wood in her book reviewed above and used in her pediatrics practice. For more information, feel welcome to contact your independent USANA associate.

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Your Personal Food Challenge

by Brent Evans.

While waiting, make a list of relatively unhealthy foods or drinks you may have in your home or have consumed in the last month. Now for the challenge! For each one, try to list a **healthier food or drink you would enjoy just as much or more that you could substitute for the relatively unhealthy one**. For example: whole milk could be replaced with 1% milk, cookies could be replaced with fruit. Each food or drink you can substitute that wins the health and enjoyment challenge is a winner and will make a major difference in your health and well-being for the rest of your life. (For even more fun, get other people to play the food challenge and share results.)

See <http://www.healthyfridge.org> for lots of food substitution ideas. For dozens of other health-promoting web-sites, go to <http://www.learningsuccess.com>.

Do you want to see Brent's *Food Challenge Winners* that are making a difference in his health and vitality? Go to http://www.learningsuccess.com/time_to_win.htm

Brent Evans is the director of **Learning Success** and is a noted educator, author, speaker, and creator of learning programs that appeared on *Quaker Oats Life* and *King Vitaman* cereals.

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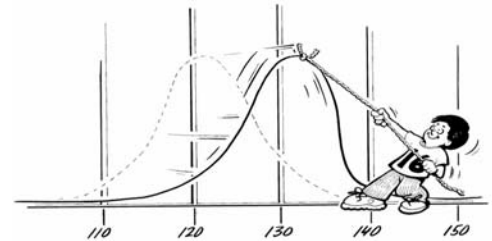
Learning Power Booster #1 - FIND YOUR CHALLENGE LEVEL & WIN

Vary the difficulty of a task or a challenge until increased interest shows it is right. Any learning area (math, spelling, sports, household chores, etc.) consists of a progression of skills from simple to more complex. Each of us (including your children) learn best and far more enjoyably when challenged with skill problems one step up from their current level of mastery. To be in the winning zone a challenge should be neither too difficult, nor too easy.



Power Booster Game: CHALLENGE TARGET TOSS

Place one or more magazines or other targets on the floor. Each player takes a turn throwing a coin so it lands on each target in order. When a player misses a target twice in a row, his or her turn is over, and the next player has a turn. Vary the distance to the targets or the item thrown until increased interest indicates it is in the winning zone.



IQ Booster Skill #1: VERBAL INFORMATION & ALERTNESS

Your ability to recognize, understand, and recall verbal information is the foundation of your thinking ability. An added advantage is that the more you know, the easier it is to learn and understand still more. It is tested by answering questions such as: *Who was the third president of the United States?*

IQ Booster Habit: REFER OFTEN TO A WORLD MAP

Place large map of the world on a bulletin board or location within sight of where you usually eat your meals. Refer to the map when discussing the news. That will make a steady difference in increasing each person's verbal knowledge. Want to go further? Each day select a news article to discuss and post.

IQ Booster Game: INFO-GRAB

Each player writes 10 to 20 names of famous people, dates, characters, animals, events, etc on small slips of paper. Mix up and place in a pile or bag. One player sits so only he or she can see the slips and only by giving clues see how many can be identified by the other players in 5 minutes. After review, try again and see if you can beat your score. Can be played as teams.

MAGIC PICTURE PUZZLER #1

The development of spatial orientation and directionality is vital for the proper development of physical coordination, successfully following directions, efficiently learning new concepts, and being able to think logically.

Directions to Make Magic Picture Appear:

Learning map directions of North, South, East, and West is an important accomplishment in itself. If the square number is listed alone, place your dot in the center of that square. If a direction is added to the number, place the dot on that side or corner of the square. For example, 12W means place the dot on the left mid-side of square 12, 12 N means place the dot on the top mid-side of square 12, and 12 NW means place the dot on the left-top corner of square 12. Connect each dot with lines as you go and the magic picture will appear:

Example Square:

12

PICTURE PUZZLER CODE:

32W—32SE—34—34N—34E—35E
26NW—37—38—49E—48S—59—
58W—56S—57W—56—55W—
54S—54—53NW—52W—42—32W

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100