

F.I.T. FOREVER

Fitness Impacting Tomorrow

2009 January/February

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Social Networking

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Welcome to the 2009 Jan/Feb Issue of the Kids Under Construction newsletter.

The year has started off with a bang and we look forward to some great things happening this year. During January and February we will continue our message of healthy lifestyles for adolescent children with more focus on the way they process the fitness message mentally and how to be at peace with their bodies inside and out.

We are well into our second year with Blog Talk Radio and looking forward to the wonderful things in store this year. Tune into the radio program, *Healthy Ways for Children* to hear important information to help your child. Below you will find program information and scheduled guest speakers for the next couple months. In addition to the radio program, we will have a presence on You Tube this year, providing fitness tips, recipes and youth related adventures as we hit the road.

Finally, this year we are spreading our wings and providing the fitness message to families through other venues on the web. Look below to find the website information - spread the word and tell a family member or friend.

Building a generation of healthy children,

Kimberly Nix

Owner and Founder

Healthy Ways for Children



Blogtalkradio.com/kidsunderconstruction.com

First & Third Thursday each month

9:00pm est

Host: Kimberly Nix

Last year we focused on topics which provided information for a healthy start for many children. Parents wrote and expressed to us how much the information helped them and this year is no different. Expect more in-depth conversation with guest who will bring their expertise and answer difficult questions. You can listen to the live program at the times noted above or visit the site later and hear the archive version. Once you have heard the program, please let me know how you feel about the information provided.

January 1st – Successful Fitness Plan

January 15th – Nutrition for Adolescent Athletes

February 5th – Author Connie Evers, How to teach nutrition to kids

February 19th – Katrina May, Truth about Vitamins

UPCOMING EVENTS



We are constantly looking for ways to keep children active and from in front of the TV, computer and video games. Here are a few events that may provide the family an opportunity to get out of the house. It is also an opportunity for us to meet all of you.

Annual Morning Hike – July 18, 2009

Every July the Kids Under Construction group visits the Kennesaw Mountain Park for an invigorating early morning hike. For approximately 45-minutes, parents and children alike enjoy the fresh morning air and the beauty of nature while exercising our bodies.

Cooking Party

You are invited to join me for a cooking party in March at the Mud Pie Cooking School. Stay tuned for the exact date and time.

Quarterly Conference Calls

Have you or your child had a question about a fitness issue and just wanted to talk about it with someone else? Now is your opportunity. Kids Under Construction will facilitate an open forum that encourages open dialog to get some answers. The calls will take place in *March, June, September* and *December*. Specific dates will be announced soon.

Kids Under Construction Simple solutions to help fight childhood obesity

The gift of life is the best gift that can be given to anyone. Purchase your copy of the ***KIDS UNDER CONSTRUCTION Simple solutions to help fight childhood obesity*** and buy one for a friend to help educate families concerning exercise and nutrition. By making simple changes in the home this generation can turn around childhood obesity. Visit our website at www.kims-kidsunderconstruction.com or order from Amazon, Borders, EBay or Barnes & Noble.

In the Know...
In the Know...

Be the first to know what's going on right here and be "in the know". As we find out important information, we will pass it on to you. If you find out first, shoot me an e-mail at mail@kims-kidsunderconstruction.com and we will tell all.

- How does the saying go, "a picture is worth a thousand words". Well, Kids Under

Construction is going virtual and can be found on the [YouTube](#) network providing fitness tips, cooking classes and other fun events to share with family and friends.

- Is there a fitness related issue you are experiencing with your child and need to talk about it with someone? **Kids Under Construction** is providing an open forum through conference calls to discuss in detail with others, helpful solutions to bring about big changes in our children.
- I want to help your child get healthy now! Kids Under Construction is offering a free 12-week fitness program to a child between 7-15 years old that has a desire to live a healthy lifestyle. In 50 words or less tell me your child's concerns about their weight and their proposed fitness goals. Please send all responses to mail@kims-kidsunderconstruction.com on or before **January 25, 2009**. The winner will be contacted by the end of the month with sessions beginning in February.



Cooking with your children can be a teaching tool as well as a bonding time for your family. This year get in the kitchen together more and make a tantalizing dish for the entire family. It surprises me how many children I speak with that don't know how to cook from scratch. Find some easy recipes and learn together.

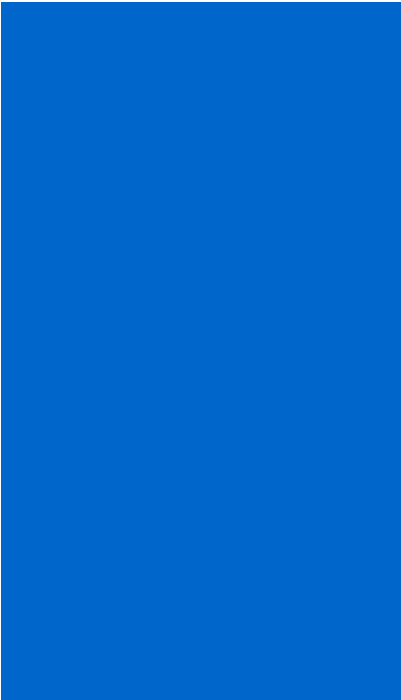


PARENTS CORNER

This month I have really been focusing on how big a part our thinking plays when it comes to health and fitness. It's amazing how quickly you can talk yourself out of doing something before even trying, when really it should be just the opposite.

As this glorious year begins, help your children take a different path concerning their body. One that includes better decisions concerning their health and how to make lifestyle changes to last a lifetime. In order to do so they should be more aware of what they eat, what they do and get control of their thoughts. Start by reinforcing how special they are to you and the importance of taking more responsibility for their health. This I believe will develop a peace within that calms their insecurities that so often develop when they are around their peers.

There is so much to be said about being in a state of tranquility and having a peace within and the importance of maintaining this level all of the time. Help your child understand there are definitely things that can't be changed in their life but the state of their health is not one of them; there should be a time of peace while they travel on this journey staying focused on the task at hand. One way



you can help is by keeping the home environment a sanctuary for them. Choose your words carefully and take the emphasis off their body image and more on the type of person you want them to be. Both male and female children face their own demons and some life lessons are learned through life experiences, but many are taught and are shared from generation to generation. I personally want my children to be caring, compassionate people who show respect to their fellow man and most importantly to themselves; that they are secure enough in their abilities and something like their diet is controllable; to love who they are and have the desire to constantly strive to the next level.

This year let's focus on the mind and change our thinking! Live a life of peace and contentment and help your children be satisfied with who they are which includes what they look like on the outside. Think about the positive things in life ON PURPOSE and reject people who are not adding any value to their life. Children often times learn from our example, so present a picture of confidence and support that brings peace and joy. Let this be a year of healing and one filled with happiness.

I look forward to a year of healthy living.

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