



You made a great decision when you asked for this report. This email will only take a few minutes to read, and you will notice immediate positive differences in the kids in your life if you implement only one suggestion. If you implement them all, you will be amazed at how quickly everything improves.

So, what are three major things that affect a child's health and wellness?

1.) The foods they eat.

Unhealthy food choices are available everywhere. Trans fats, sugars, fillers, hormones, preservatives, and artificial colors and flavors all contribute to low food quality. Fast food and prepackaged foods are the most obvious culprits, but we must also be aware of what goes into the foods we buy at the grocery like meat and dairy products. Even some fresh fruits and vegetables are treated with harmful pesticides. The best way to ensure your family eats healthy is to keep lots of fresh, organic produce on hand.

Another thing you can do immediately is limit the amount of soda pop your kids are allowed to drink. The best way is not to buy it, but if you must have it in the house, set a limit on how many a day your child can drink. Be aware that your kids will model your behavior, so if you drink three sodas a day, it will be harder to limit your children to just one or none at all.

2.) How they spend their time.

If you want to maximize your child's health, it's important to monitor how they spend their time. Many American kids spend four hours each day watching TV and/or playing video games. Limit the amount of time they are allowed to do idle activities to no more than two hours each day. They may fight it at first, but keep encouraging them to go outside and be physically active, and above all, be consistent.

Don't give in just because they whine and get upset. Be firm and they will eventually realize you mean business, and they'll find ways to entertain themselves that don't require an electric outlet or batteries. Again, the best way to influence your child's behavior is through modeling. Be active together as a family and they will learn to be active on their own.

3.) How much love they receive.

This is the most important of all three because children need lots of love, support and encouragement in order to become all they are meant to be.

We all want our children to know we love them. We say it before they go to school and at bedtime. We run them around to all their activities. We provide for their needs. Sometimes though, we get so busy that we forget the best way to let children know we love them is to SHOW them.

Give kids plenty of hugs and kind words, and spend quality, one-on-one time with them. Even when discipline is required, don't withhold love, and children should never be attacked verbally or physically in a moment of anger. Teach the lesson, then give the child a big hug and remind them that the only reason you discipline them is because you love them and want them to grow up to be happy, responsible adults.

We congratulate you on asking for this report because it shows you are willing to do whatever it takes to be the best parent you can be. If you are interested in learning more about the Thin&Healthy Kids program - which explores in depth these three keys to improve your child's wellbeing and provides practical tips for daily living and solutions for common problems - visit <http://www.thinandhealthykids.com> or reply to this email.

Here's to raising healthy, happy kids!

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