

Getting Kids Active, Keeping It Fun

All Jack likes to do is sit at the computer. He's only 9, but already his lifestyle is sedentary and his weight isn't what it should be. As a concerned parent, you encourage him to exercise: You tell him how important it is and that it's good for him. And if Jack's like most children, your explanation got you exactly . . . nowhere! So what can you do? Try some of these kid-friendly tactics:

- ◆ Don't use the word *exercise*. Instead, use words such as *fun* and *play*.
- ◆ Keep a stock of items that your child can get active with: beanbags, jump ropes, kickballs, hula hoops.
- ◆ Suggest a party or get-together for your child and his or her friends during which they can play active games like "Red Light, Green Light" and "Simon Says."
- ◆ Sculpt your approach around your child's natural interests. If your child loves to read, suggest riding a bike to the library to get books. If your child loves surfing the Internet, ask him or her to research a topic, gardening, for instance; then plant one together. If your child's passion is video games, buy one that incorporates body movement.
- ◆ Plan a nature walk or a day out skating, swimming, or any other active endeavor your child enjoys.
- ◆ If your child is a TV-watcher, take advantage of the commercials. Suggest doing a little cardio movement (just don't call it cardio!) before the show resumes: walking up and down some stairs, seeing who can do more toe touches or jumping jacks, or marching in place and counting the steps.
- ◆ If your child is a pet-lover, ask him or her to take the dog for a walk or race with the dog in an enclosed area.
- ◆ If you need something from the store, ask your child to walk there with you. Play "I-Spy" or other such games along the way.



Strategies To Keep Allergies At Bay

'Tis the season for allergy sufferers. Hay fever affects more than 35 million people. Here are some do's and don'ts to help alleviate allergy attacks:

- **DO keep car windows and house windows closed.** Use air conditioning, which cleans, cools, and dries the air.
- **DO minimize early morning activities outdoors** between 5 and 10 a.m. This is the time of day when pollen is most prevalent.
- **DO take the medications** prescribed by your allergist.
- **DON'T spend much time outdoors** when the pollen count, humidity, or wind factor is high.
- **DON'T rake leaves or mow lawns**, which stirs up molds and pollens. Leave this for someone who isn't allergic.
- **DON'T hang sheets or clothing out to dry** as pollens and molds may collect in these items.

April Events

April 1st	April Fool's Day
April 2nd	National Peanut Butter And Jelly Day
April 10th	National Siblings Day
April 20th	Look Alike Day
April 22nd	National Jelly Bean Day
April 26th	Administrative Professionals Day
April 27th	Babe Ruth Day



Do You Have A Question About Car Maintenance That You Want Answered?

We love to hear from all of our good friends and clients who enjoy reading our monthly newsletter. If you have a question about anything related to your vehicle, feel free to give us a call at

(614)864-1600, email us at kerri@beanysautoservicecenter.com or visit our www.beanysautoservicecenter.com.



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Why Gardeners Should Get Tetanus Boosters

If you like to garden, then you should get a tetanus booster. One-third or more of the cases of tetanus that occur each year are contracted while people are gardening or doing yard work. Tetanus is a disease caused by bacteria that is found in dirt and on tools. Small cuts and splinters are enough for transmission. It's a good idea to get a tetanus booster every 10 years, regardless of your activities. Tetanus is rare, but can be fatal. Always consult with your physician.



Make Yourself An Early Bird And Reap The Benefits

People who rise early often benefit in ways that night owls don't. For instance, if you get up early, you'll be more likely to be a regular exerciser and eat a healthy breakfast. Follow this regimen to get up with the sun and feel better for it:

- ❖ Go to bed and get up at the same time every day.
- ❖ Ask your doctor if melatonin would be a good choice for you if you have trouble falling asleep at night.
- ❖ Limit alcoholic beverage intake. It puts you into a deep sleep for three or four hours, but when it wears off you can wake up and be unable to go back to sleep.
- ❖ Limit computer or device use in the evening. Studies indicate staring at the light of the screen can throw your internal clock off and make it harder to fall asleep.



How To Remember A Name

Do you have trouble remembering names after you meet people? If you do, you might want to try the following technique to aid your memory.

1. **Focus.** Are you leaning in, are you telling the person that this moment is important to you and that he or she has your undivided attention?
2. **Ask.** Repeat the name back to the person you're meeting. Ask if you've got it right. This makes you an active participant in the meeting and shows that you are paying attention.
3. **Make sure you know how the person's name is spelled.** It will help cement it in your mind. And once you have repeated the name and the spelling in your mind, cross reference it with something else, possibly a celebrity's name that you are already familiar with.
4. **Employ.** Once you have everything clarified, it is very helpful to introduce your new acquaintance to someone else. This makes you say the name out loud and fixes it in your memory.

Is It Time To Purge?

Is stuff taking over your life? If so, it might be time to purge. Here are some suggestions:

Kitchen

- Toss all your extras. Do you really need five or six wooden spoons?
- Check expiration dates on foods and toss if they're past the use-by date.
- Move seldom-used appliances into storage or sell them. Ask yourself if the bread maker is worth the space it's taking up. Do you use it?

Desk

- Continually throw out the items that are in danger of building up. This includes junk mail, expired coupons and catalogs.
- Create activity zones. You should have a bill-paying zone, a reading zone and a stationery zone. Keep items for each activity in neat containers.

Cosmetics

- Sort through your bottles and toss any half-empty ones that you haven't used for six months.
- Put all similar products in neat containers.
- Try to avoid impulse purchases that repeat things you already have at home.

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The Benefits Of Smiling

A genuine smile increases the production of serotonin, the happy hormone.

- ▶ **It's a bonding agent.** Smiling builds bridges to other people around us. It keeps us from remaining aloof and separate from one another. Babies as young as three weeks old even recognize smiling as a bonding behavior.
- ▶ **What a workout!** One smile uses more than 16 muscles.



Thanks For The Kind Words

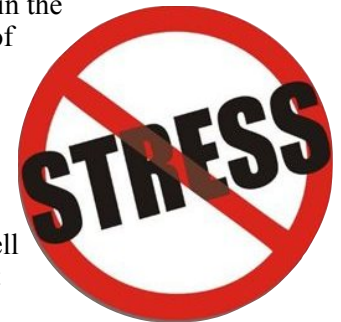
The lady at the front desk was super sweet and helpful. My car was fixed in a timely manner and is running great now. The mechanics there were friendly and explained to me what was wrong with my car and didn't try to add on anything.

Church Bulletin Bloopers

- ✓ Ladies Bible Study will be held Thursday morning at 10. All ladies are invited to lunch in the Fellowship Hall after the B.S. is done.
- ✓ The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday morning.
- ✓ The pastor will preach his farewell message, after which the choir will sing, "Break Forth Into Joy."
- ✓ The eighth graders will be presenting Shakespeare's *Hamlet* in the church basement Friday at 7 p.m. The congregation is invited to attend this tragedy.
- ✓ Thursday night Potluck Supper. Prayer and medication to follow.
- ✓ Weight Watchers will meet at 7 p.m. at the First Presbyterian Church. Please use large double door at the side entrance.
- ✓ The Lutheran Men's group will meet at 6 p.m. Steak, mashed potatoes, green beans, bread and dessert will be served for a nominal fee.
- ✓ Don't let worry kill you, let the church help.
- ✓ This being Easter Sunday, we will ask Mrs. Lewis to come forward and lay an egg on the altar.
- ✓ Miss Charlene Mason sang "I will not pass this way again" giving obvious pleasure to the congregation.

10 Ways To Chase Away Stress

- ★ Take deep breaths.
- ★ Take a walk outside of the office.
- ★ Say no to what you don't have time to do.
- ★ Leave work on time.
- ★ Lower demands you put on yourself.
- ★ Ask questions and communicate with coworkers.
- ★ Take care of taxing tasks in the morning to get them out of the way.
- ★ Look at large projects as a series of steps to complete one by one.
- ★ Laugh at least once a day.
- ★ Live for today. Don't dwell in the past or worry about the future.



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April

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- & Much More!



What's The Answer?

Is It Time To Purge?



What's The Benefits Of Being An Early Bird?

How Can Keeping Kids Active Be Made Fun For Them?

What's The Trick To Remembering A Name?



*The Answers To These And
Many More Questions Are Inside*

