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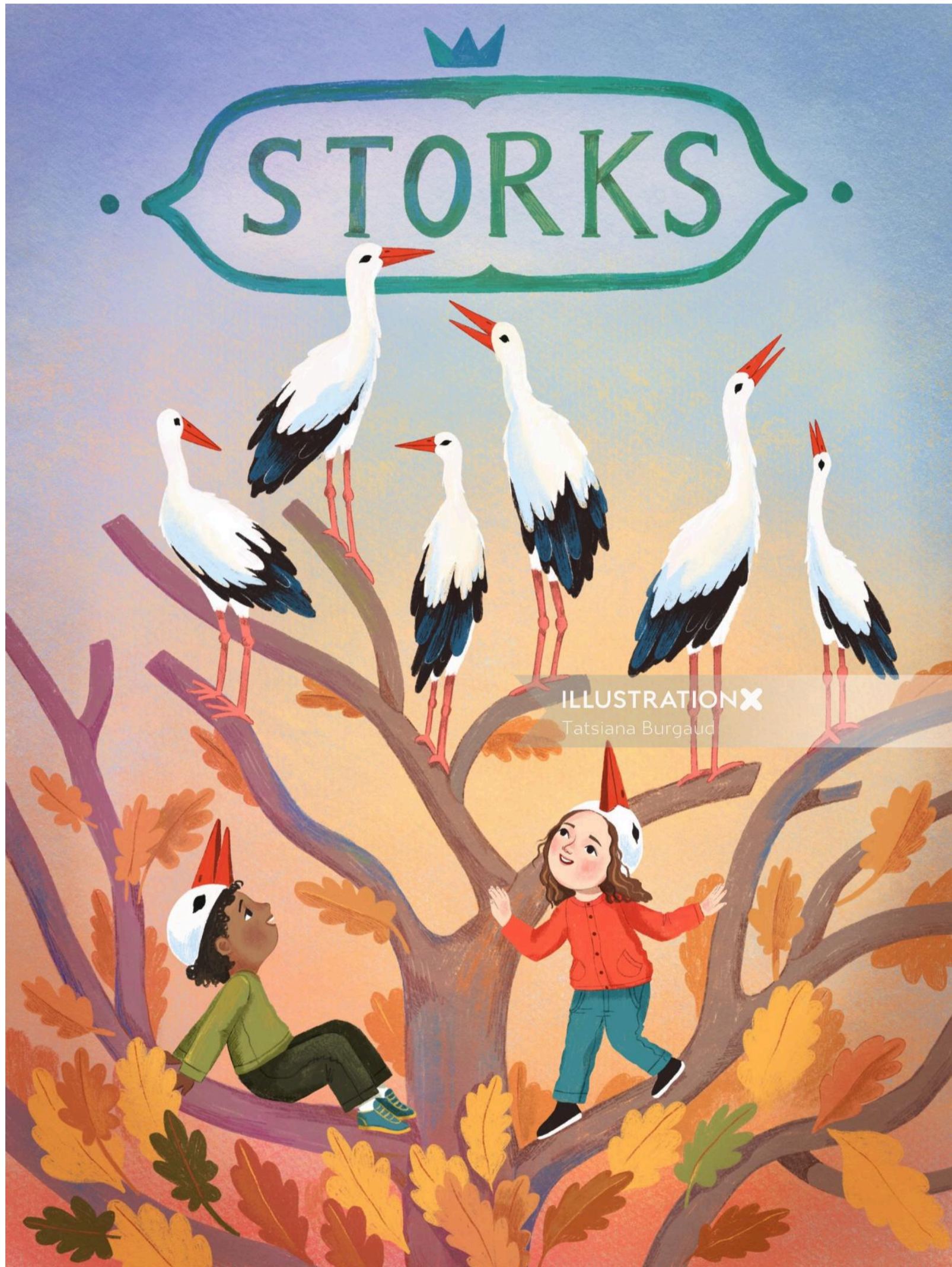
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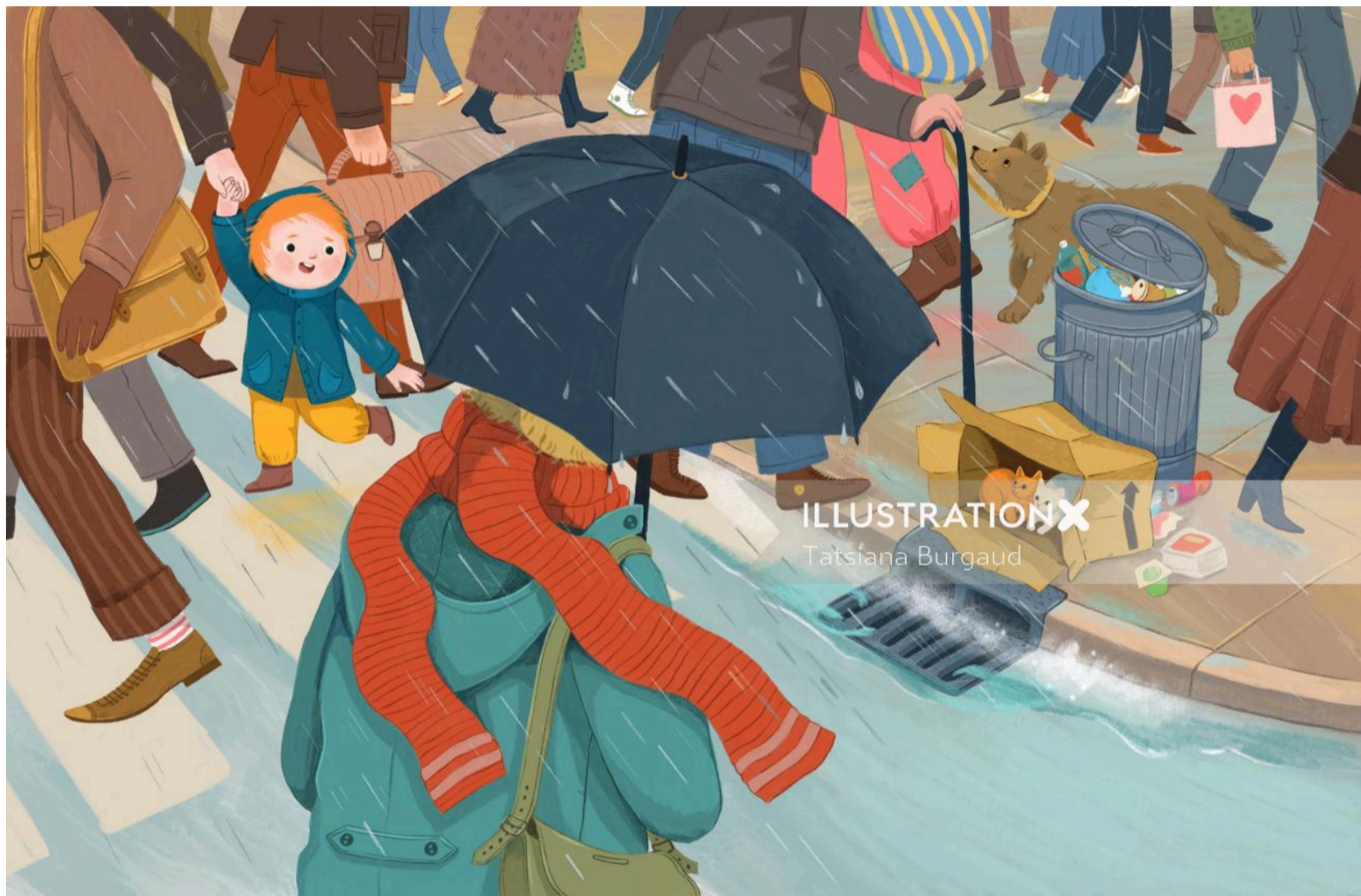
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ILLUSTRATION X
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STAND TALL

Ever catch yourself slouching while scrolling on your phone or eating dinner with the family? You're not alone. Bad posture can sneak up on all of us. Though good posture doesn't just mean standing up straight if you hold your body in its correct position, you can exhibit confidence, retain energy and even prevent aches and pains. Try these exercises a few times a day to strengthen your natural posture.

BY TIRZAH KENNEDY
ILLUSTRATIONS BY



Bruegger's postural exercise: Sit on the edge of a chair or stand tall. Place your arms straight on either side of your body so your palms face forward. Take a deep breath and roll your shoulders backward. Repeat this roll for 10 to 15 reps each time you notice you're slouching.



Wall sit challenge: Slide into a squat with your back against the wall so it looks like you're sitting on a chair. Hold this position for 30 seconds. Do three reps.



ILLUSTRATION X
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Butterfly wings: Seated or standing, straighten your torso and reach your hands behind your head so your fingers overlap. Slowly move your elbows and arms over your ears. Then push them as far back as you can like wings, squeezing your shoulder blades together as you pull back. Repeat for 10 to 15 reps.

Book balancing: Balance a book on your head for a minute. Once you can, try walking up and down a hallway for one minute.

Good posture takes practice. Whenever you feel yourself slouching, try doing the invisible strings trick by imagining strings pulling you up from the top of your ears. Follow it up by doing a posture exercise. Or set hourly reminders to work on how you naturally sit and stand. With these easy exercises, you'll improve your posture in no time.

Tirzah Kennedy, the owner of Diamond Arrow Fitness, is a certified personal trainer specializing in corrective exercise.

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(Continued from page 9)

Mattie slept all afternoon. It wasn't much fun, but it wasn't scary like being on stage. During the last dance program, I felt as if I could barely breathe with the audience staring at me.

On Saturday, Grandma and I went to the holiday wreath sale at the garden center.

We were standing in line for a while when Grandma noticed a neighbor. "Why don't you hold our place in line while I go say hello," she said.

More people were lining up behind me. Good thing we'd gotten there early. I looked over my shoulder and saw a woman with a girl. It was my partner from dance class!

"Hi." My heart raced. The girl smiled. "Hi, Kami." She *did* know my name! "Where were you yesterday?"

It was my partner from dance class!

"Um, my grandma's dog was sick and I helped take care of her," I said. It was true, but it felt a little like it wasn't.

"I hope she's better soon," the girl said. "I have a German Shepherd named Jenny. I just taught her to jump through a hoola hoop."

"I'd like to see that," I said. We both laughed. *I wish I knew her name, I thought.*

"Maybe you'll see her in a circus some day," she

said, grinning.

"Leah," her mom said, "will you hold these for a minute while I go check out those tools?"

Right. *Leah.* I repeated the name in my head so I wouldn't forget.

"I'll be glad when the dance program is over," Leah said.

I was surprised. "I thought you liked dance."

"I do, but being on stage makes me nervous. My grandma pays for my

lessons, and she's flying in from Colorado to watch the performance. I'm afraid I'll mess up."

"I get nervous too, but you'll do great." Grandma came back and we walked up to the register.

"Bye, Leah." I waved. For the next few days, I tried not to think about Leah's "circus" dog jumping through hoops and her grandma flying in for the program. It didn't work.

On Friday, Grandma picked me up at school. "Mattie's better today. Want to make some Christmas decorations?"

"Actually, I've decided to finish dance class—I want to be there for Leah in the program."

"Good," Grandma smiled. "Any idea where your shoes are?"

I pulled one out of my dance bag. "This was hiding under my bed. Now if I could just remember where I put the other one!"

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Laughable
Go about your day with
a lighthearted attitude

BY ELSA KOK COLOPY
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KIDS & TEENS / EVANGELISM

crafts and activities so you can get to know your neighbors better or spend time with friends. Parents could even join you in planning the camp activities and helping with the preparations. Katie decided to host a weeklong camp with different art-and-science activities for each day. But you might prefer hosting a themed camp for a single day or a few mornings or afternoons during the week. That's the beauty of designing your own summer camp.

Vacation Bible school

Jaime and Sarah noticed there was a lack of vacation Bible schools in their area, so they hosted one for friends and family. "The inspiration for our day camp sprung from our desire to bring our community together and give our young children and their friends some memorable, tangible connections to God's goodness and love," Sarah says. "Rooting our activities in various

nature metaphors found in Scripture, we made these connections through the beauty of plants, seeds, flowers and other elements of the natural world."

Their friends joined in, using their unique skills to help plan and organize a Taste and See camp, with a focus on Psalm 34:8 ("Taste and see that the Lord is good"). Then they prepared by gathering supplies and setting up activities.

Each day included storytelling, crafts, songs and many sensory-rich activities designed to teach children about God's goodness through the five senses. Donning a beekeeper's suit and exploring how bees make honey taught kids about the sweetness of God and His

Word. Reading about God's tender care for sparrows and lilies reminded them of His great love for them. And a seed-planting activity helped them understand what it means to abide in Christ. At the end of each day, children had something to take home (a potted plant, a magnet, a bookmark) that would remind them of the lesson.

Participating families chipped in to cover supply costs and snacks. Moms enjoyed hanging out together, hearing the songs and Bible stories, and watching their children make crafts. One day, the moms even cut sandwiches into butterfly shapes. The kids loved it.

Getting help

Creating an unforgettable camp experience for your kids and their friends calls for a team effort. Working with your children on planning, setting up and running your summer camp is a great way to increase family time and connection. Recruiting other parents to pitch in not only lightens the load but also opens doors for developing new or deeper friendships. Don't be shy about asking for help!

LISTEN NOW!

Overcoming Summer Boredom With Kid Smart's Dr. Kathy Koch offers practical and creative ideas for challenging your kids' imaginations.

FocusOnTheFamily.com/inspiration

Profit-based camps

If planning and organizing are your thing, you could expand your reach and put on a profit-based summer camp for your community. If you have teens, you even could wrangle them into helping so that families don't have to pay for child care for children too young to attend. Or you might create a one-of-a-kind summer camp that could evolve into a seasonal family business.

Lori decided to host a horse camp on her property. For 11 weeks each summer, children enjoy horse-filled fun, four days a week, from 9 a.m. to 1 p.m. "It was always a dream of mine to combine children and horses together because I love both," she says. The

camp also provides plenty of exercise for the horses, as well as some side income for Lori's family.

She hired teen wranglers to help out, and her husband acts as cook, the camp chef. Campers not only get to ride the horses, but they also learn about safety and general horse-care principles. Every day is jam-packed with fun activities—making crafts, singing songs, eating tasty snacks and exploring the ranch. Kids even earn reward badges for helping with ranch chores like mucking horse stalls.

"My job is to love on the kids," Lori says. "I want to make their experience here positive, memorable, fun and safe."

Safety

Planning a summer camp is the perfect time to brush up on your first-aid skills or take a CPR course. Knowing you're equipped to handle safety issues that arise will set parents' minds at ease. When choosing a location for your camp, be aware of any water hazards or other dangers, and always inform parents. If you're charging for your camp, you may need to add a liability rider for added insurance coverage on your house in case something goes wrong.



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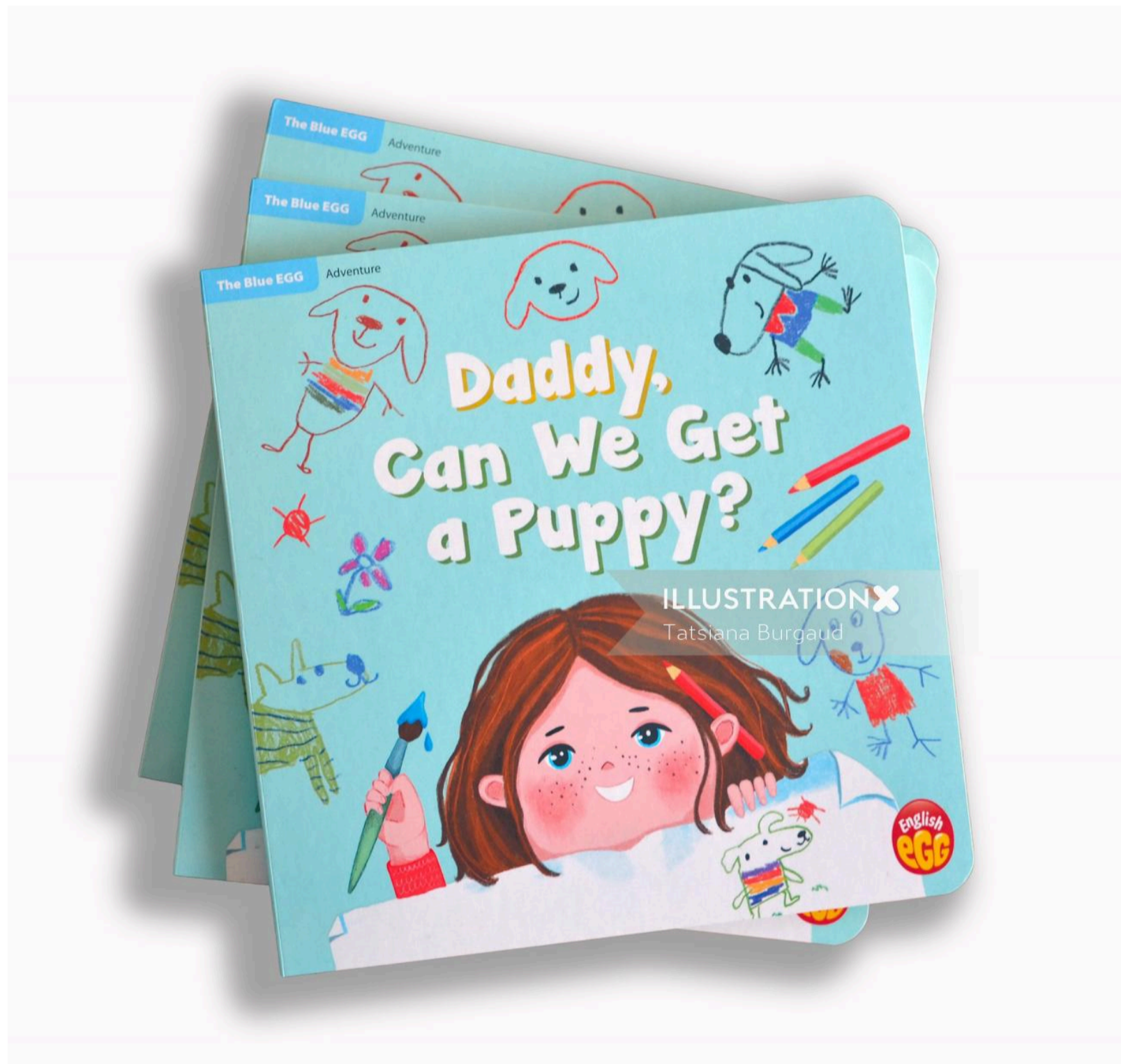
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parenting in a sex-saturated culture

Be the first to tell your kids about sexuality

BY DANNAH GRESH
ILLUSTRATIONS BY TATSIANA BURGAUD

MY HUSBAND, BOB, approached our 10-year-old son and said, "Robby, I want to talk with you about sex."

Robby replied, "I learned about sex on the internet."

Those were not the words Bob wanted to hear.

"You've learned about sex on the internet? Could you explain to me what sex is?"

"Yeah," Robby said. "When I play games, sometimes it says 'Sex: male or female.'"

We were so relieved with Robby's answer. And from

that moment on, my husband learned the importance of being more exact in his meaning.

We also learned the importance of countering the culture of sexuality and strengthening our resolve to preserve innocence in our children. We knew this required us to teach our kids early and often about God's intended purpose for them as their bodies develop and as they grow and form relationships with the opposite sex. Here are some age-appropriate ways to initiate conversations at each stage of development. >

FOCUS ON THE FAMILY 11

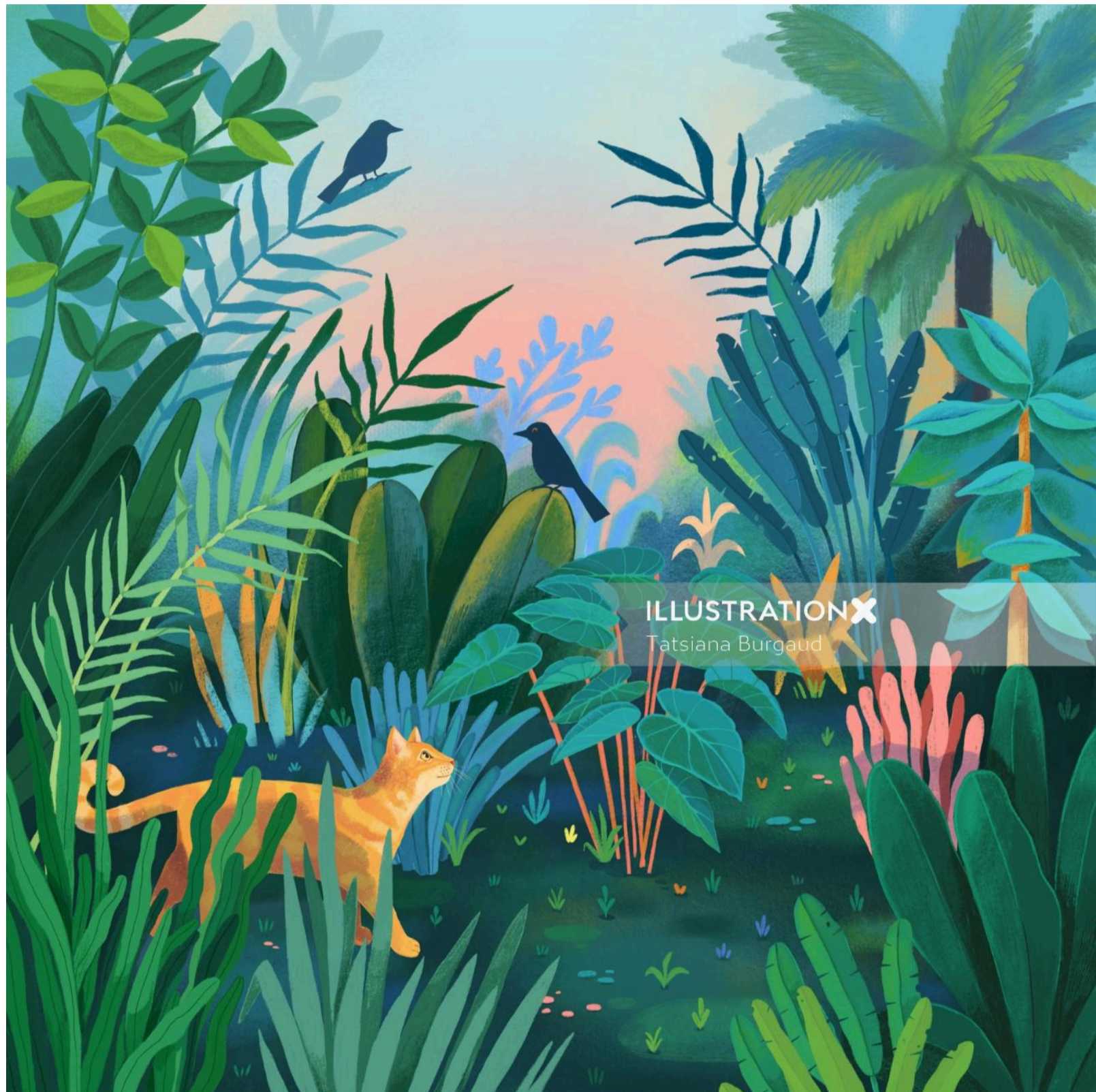
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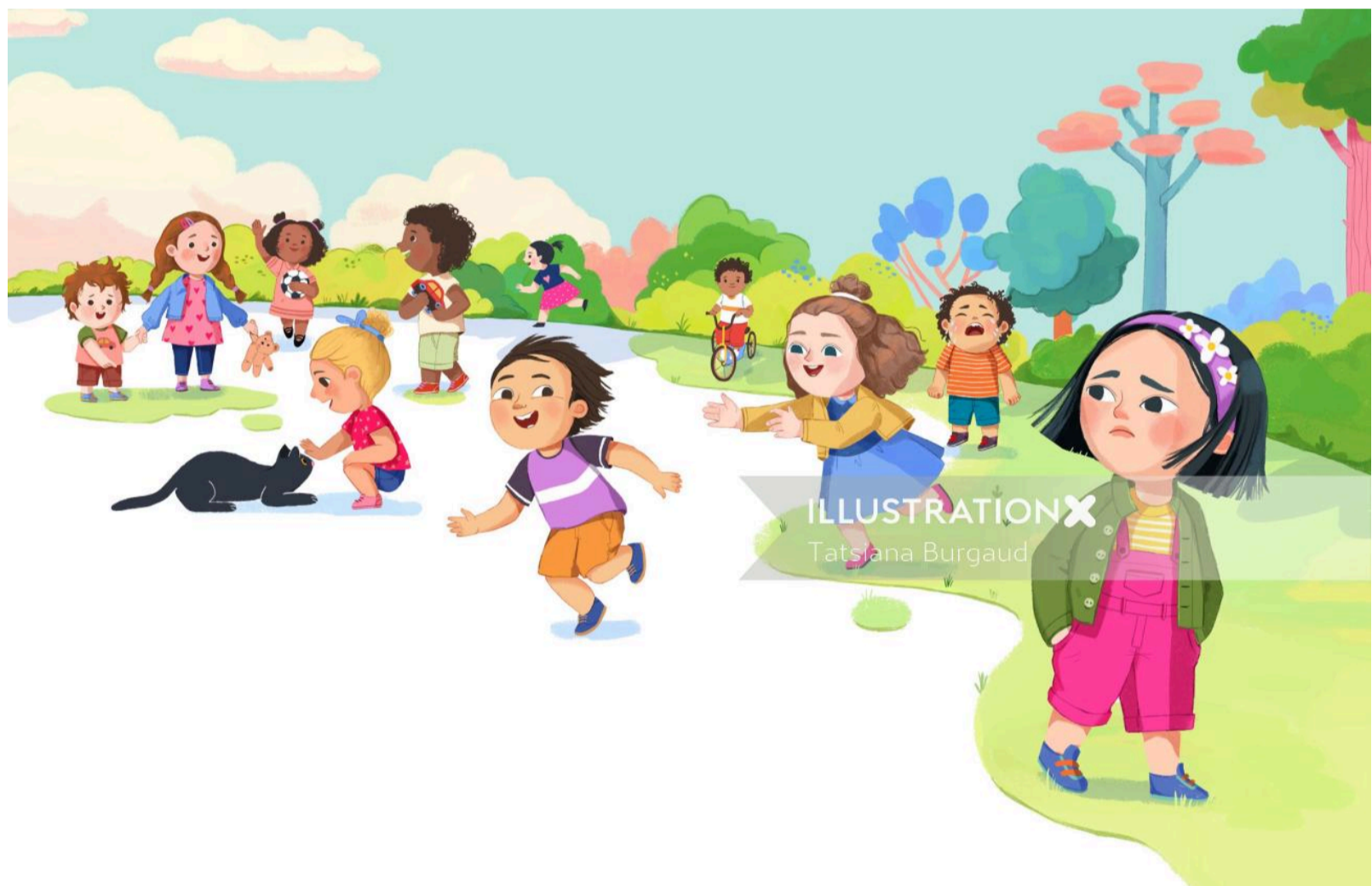
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