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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Let's Play Outside - 4 Fun Outdoor Activities For Families**

**By Susanne Myers**

With the weather finally starting to cool down, now is a great time to go outside and play with your kids. Not only is the sunshine and fresh air good for everyone in the family, but playing outside is also a great way to get some exercise. Here are some ideas for you and your kids.

**Ride Bikes**

When was the last time you took a bike ride through the neighborhood? Riding bikes is a great way to spend some quality time with your kids outside after work. Dust off your old bike, put helmets on everyone and go out for a bike ride. You can also go on a longer ride on the weekends. Check with your local bike shop or the city's parks and recreation department about trails that are family friendly. Pack a few sandwiches and fill up those water bottles and you are ready for a ride and a picnic.

**Go On A Nature Walk**

A nature walk is a fun way to spend some time with your child outside. It is also a perfect opportunity to teach him about nature, lifecycles, the climate and more. If you have binoculars, take them with you for a close up view of any wildlife you may come across. Even a squirrel becomes an interesting viewing object with binoculars. Take some small plastic or paper baggies with you to collect leaves, rocks or pinecones. When you get back home you and your child can make a leaf collage or use all objects to recreate a forest scene in an old shoebox.

**Dig Out The Roller-skates**

Do you remember how much fun you had roller-skating when you were a kid? Dig out the roller skates or roller blades and get out there. You can find a smooth sidewalk to ride, or consider visiting a skating ring with the whole family. Roller-skating is another great way for the entire family to spend some time outside together. You can push very young children around in a stroller or have your preschooler ride a tricycle while the rest of the family skates.

**Explore A New Park Or Playground**

Grab a map or make a call to your local park and recreation office and find a new park or playground you can all explore together. Spend an hour or two at the playground, go for a walk on the trails in of a new park, or pack a few sandwiches for an easy picnic in the park. You never know what you may have been missing until you start exploring all the different parks and playgrounds in your area.

For more potty training tips a free e-course on potty training and a free potty training chart visit

<http://www.mypottytraining.com>

## **Outdoor Kitchen Grill**

**By Daniel Roshard**

Have you ever cooked outdoors or better yet, have you ever ate outdoors, I am sure that you did, and if you did you know that cooking outdoors is great fun and that eating outdoors is fun and special and very far from your usual kitchen lunch or dinner, even if its just the family that is eating it is still great fun.

While it is true that not everyone is a fan of outdoor cooking or grilling, the outdoor kitchen grill is one great idea for those who do like it, making the cooking outdoor experience something that is simply a pleasure and fun, something you can show your friends when you are hosting at home and in your garden.

If you love to spend you time in your garden and have a barbecue or grill outdoor often this is something you should be very interested in, an outdoor kitchen grill is something that is going to be a great convenience for you, and for your family. The idea of an outdoor kitchen is that the cooking is much more comfortable and allows you much more than the usual backyard cooking, it is also a very useful tool for the times that you are having guests over and want to enjoy your time outdoors.

Some people say that just by getting an outdoor kitchen they start realizing that you can actually host a bunch of people without falling off you feet in the end of the day, just because the outdoor kitchen grill is so comfortable that inviting a small crowd is not a problem, and you wouldn't need to in and out of the house to get things, just get what you need and place it in you outdoor kitchen to use while cooking.

So if you are interested in the outdoor kitchen you should probably start by thinking about all the things and features you want to have in it, what do you cook the most, how often do you cook and grill outside and how many people do you expect to feed on average. Once you got the basic answers try and research a little on the internet, prices makers and different features, including photos are available for everyone on the internet, than try and visit your local designer shops to see the outdoor kitchens so you will get a better idea of size and using them.

When considering the purchase of the outdoor kitchen grill there are a few very important points to remember, what is the martial of which the kitchen is made, is it robust and strong, does it have some kind of protection from being exposed to sun and rain, low and high temperatures, how much working

area the outdoor kitchen has, is it comfortable and easy to clean, what about the maintenance, is it difficult or easy to maintain, and what does the warranty say, for how long are you covered and what it give you.

An outdoor kitchen grill is something that can bring you a lot of fun moments and you will never want to cook indoors any more, make sure you are getting what you need and want, that you are covered by the warranty and start cooking, good luck.

Daniel Roshard is an interior designer fascinated by outdoor architecture, he is currently studying public parks and outdoor design. Daniel is writing articles about home improvement and Outdoor kitchen issues at

<http://outdoorkitchen.zupatips.com>



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