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Bryan Clay Goes for Gold in 2012

Meet Chef Remmi of Cook Time

10 Things to Know About the Olympics

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Ten things you might not know about the Olympics!

- 1 The first Olympic Games were held in Ancient Greece more than 2,000 years ago.
- 2 The modern Olympic Games were celebrated in Athens, Greece, in 1896.
- 3 The next Olympic Games will be held in London, England.
- 4 This year the Olympic Games will include 2,000 athletes and 47 medal events.
- 5 The decathlon is called a “combined event” and includes 10 separate events.
- 6 The decathlon was added to the Olympic Games in 1904.
- 7 Decathlon events include: 100 meter run, long jump, shot put, high jump, 400 meter run, 110 meter hurdles, discus throw, pole vault, javelin throw, and 1,500 meter run.
- 8 The decathlon is held over two days.
- 9 In 2012, most events will be held in Olympic Stadium, a new 80,000-seat stadium.
- 10 The marathon event is a 26.2-mile race, which will take place throughout London in 2012.

Bryan Clay

Goes for Gold in 2012



Being called the “World’s Greatest Athlete” might go to some people’s heads. But not Bryan Clay. America’s leading athlete in the decathlon event is still a down-to-earth father, husband, friend, and neighbor. These days Bryan is training harder than ever, while still finding time to make a positive impact on the nation’s youth.

What does it take to be called “the greatest”? Bryan claimed this title after winning the gold medal in the decathlon event at the 2008 Olympic Games in Beijing. (The decathlon is a combination of all 10 track-and-field events.) That gold wasn’t his first Olympic medal, and he hopes it won’t be his last.

Bryan began striving for excellence at a young age. He was known in high school for doing six events at a single track-and-field meet. He was never the biggest or strongest athlete, but he made up for it with hard work. Making healthy choices and avoiding underage drinking were always an important part of his success. Today he is many inches shorter than his average competitor and 10 to 15 pounds lighter but that doesn’t stop him. Tough training and a positive attitude have helped him reach the highest levels of achievement.

Bryan already has two Olympic medals—a silver medal from the 2004 Olympic Games and a gold medal from 2008. His current goal is to win a third

Olympic medal at the 2012 Olympic Games in London, England. This victory would make him the first American ever to win medals at three different Olympics in the decathlon event.

Bryan's huge successes are the result of everyday hard work, strong values, and a positive attitude. Here are a few of Bryan's top secrets to success:

1 Perseverance. To persevere means not to give up. After you set a goal, it often takes many small steps to accomplish it. For example, Bryan knows that every day's practice and every mealtime's healthy choices are steps toward success.

But this doesn't mean that Bryan's life is a difficult grind toward a final victory. He makes sure to enjoy the ride and to celebrate the personal growth every step of the way. As Bryan puts it, "Success is not necessarily about your accomplishments, it's about the journey or the process you undergo on the way there."

2 Healthy Lifestyle. It's no surprise that Bryan Clay is fit. You don't win a decathlon without having a few good habits (or at least 10!). But Bryan wants to be more than just physically healthy, he wants to have an entire lifestyle of wellness.

In addition to physical preparation, Bryan works hard to make sure he is healthy in other ways, too—emotionally, mentally, socially, and spiritually (or purposefully). Bryan says, "When you're healthy in all these areas, you can drive all that positive energy and focus into achieving your goals and dreams."

3 Positive Attitude. Being an optimist means being confident about your future. Bryan is hopeful and positive about himself and his chances for success. This makes it easier for him to practice self-discipline and personal sacrifice during those long days at the track and at the gym.



Making a Difference

When Chef Remmi Smith and her mother became concerned about obesity in children, they decided to take action. Being only 10 years old didn't stop Remmi from thinking big. Together, she and her mother started a webcast to teach healthy cooking.

As one of The Century Council's *20 People to Watch* and Sodexo's *National Student Ambassador for Health and Wellness*, Remmi's goal for *Cook Time with Remmi™* was to show how learning skills in the kitchen could lead to better nutrition. Success came fast. Within a month the show was on TV. Soon Remmi was invited to do presentations around the country about healthy cooking.

It wasn't long before Remmi had a second TV show. In *The Culinary Kid* Remmi is taught cooking techniques by famous chefs. For the second half of the show Remmi creates meals using the new techniques.

To inspire her fellow kids Remmi created the C.H.E.F. ("Cook Healthy, Exercise Frequently") challenge. Kids from all over the world can sign up for the three-month challenge to get healthy. Remmi knows that part of being a superstar is setting goals and striving toward them. "It's never too early to think about your dreams and what you want to do in your life," she says.

Turn this page to find some
of Remmi's yummy recipes!

Remmi's Recipes

Riddles!

Think you're ready for success? Solve these riddles to find out!

1. You can decide to take control, and the first step is to set a _____.
2. Even if you're very wealthy, you must eat good food to stay strong and _____.
3. The crowd cheered the athlete with a thousand voices, because it was clear the winner had made healthy _____.
4. You might think you're very smart, but drinking alcohol can damage your _____.
5. Drinking alcohol makes some become rude, which shows you alcohol can change your _____.
6. Winning a third medal is important to him, so Bryan Clay spends long days at the track and in the _____.
7. You don't have to be a mess, set a goal and work toward _____!

Take the Pledge!

Pledge to say "YES" to a healthy lifestyle and "NO" to underage drinking. Sign up today at asklistenlearn.com/account/signup.



▶ AskListenLearn.com

Learn more about Remmi Smith, Bryan Clay, and other ALL Superstars at the Ask, Listen, Learn website! Plus, play games and find more of Remmi's delicious recipes.

Strawberries Sandwich

Ingredients:

- 2 slices toast (whole wheat or whole grain)
- 2 tablespoons cream cheese (low-fat or fat-free)
- ¾ cup sliced strawberries



Instructions: Toast bread. Spread cream cheese on one of the slices of toast. Place strawberries on cream cheese. Top with remaining slice of toast. Enjoy!

Yogurt Sundae

Ingredients:

- 6 ounces plain yogurt (low-fat or non-fat)
- ½ cup of your favorite fruit
- 2 tablespoons of granola, cornflakes, or chopped nuts
- 1 tablespoon of honey
- 1 cherry



Instructions: Pour yogurt in bottom of serving cup. Pile fruit in the middle on top of the yogurt. Sprinkle granola on top. Drizzle with honey and place cherry on top. Enjoy!

- Answer Key**
1. goal
 2. healthy
 3. choices
 4. heart
 5. attitude
 6. gym
 7. success