



Hunter's Basketball Adventure

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*Hunter tried out for
the basketball team
last fall.*

*All his friends made it except for him...
So he stopped going to the park to
practice with them.*



Hunter woke up today feeling very ill. He complained to Mother that he felt sick, especially during gym class yesterday....

Mom, I'm feeling really sick...



Jeez, what happened to you? The gym yesterday, and now this.



Mom decided that it was time to bring him to the doctor.

Gosh, I don't know if we can afford a doctor. I hope Hunter isn't too sick...



Unfortunately, a lot of people can't afford a doctor. Hunter and his Mom also can't afford healthy food. Thankfully, there's a community doctor who can help Hunter.

Hunter went to a pediatrician Dr. Schmutz, who performed the usual check-up with special attention to his symptoms.



Step onto the scale here, Hunter.




Dr. Schmutz realized that his symptoms were related to Hunter being overweight. He decided that it was time to create a plan with Hunter to make him healthier.



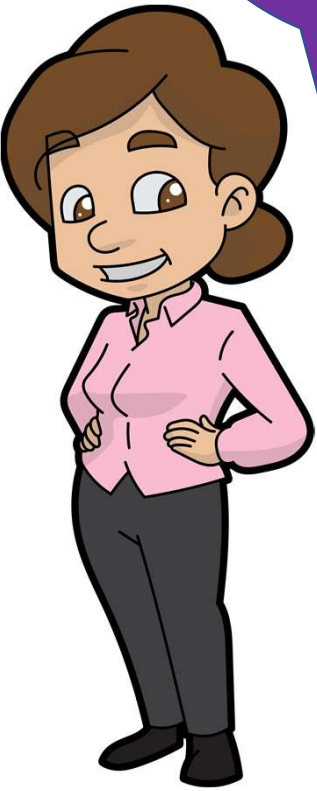
I think you should try training for basketball! That way you lose weight and becomes stronger! What kind of sports do you like playing?



I really like basketball.



That also means that you need to watch what you eat: no more junk food for you! You should a balanced meal and eat as much vegetables as you can.



Doctor, I'm not sure if we can afford vegetables right now. What should we do?

We have resources to help you. Ask the front desk for help, and we can help you buy



The Doctor helped them buy vegetables, which can be very expensive. Without her help, they may not be able to buy healthy foods.



What would you like to try first? The doctor really helped us out.

I'm not really sure yet... There's really a lot of vegetables here.

After spending the morning at the doctor's office, Hunter and his mom spent the rest of the day learning about healthy foods at the grocery store. He decided on broccoli and garlic!

Psssss... Hey Kid!
Do you know what the
COOLEST Vegetable is?



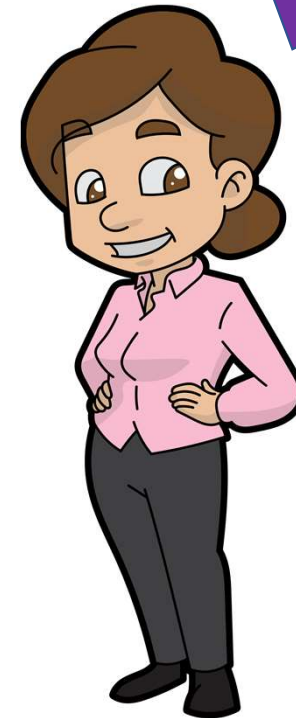
A rad-ish!
Ha ha ha



GU1

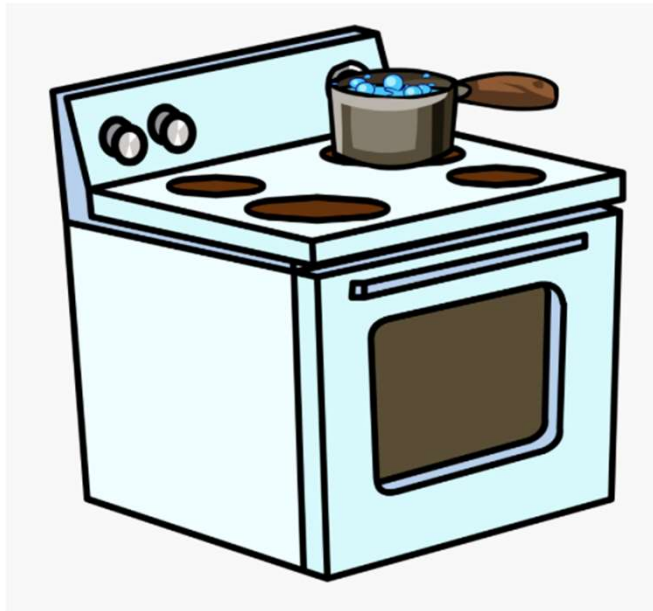
Mom can we get a radish? They seem so cool!

Of course! I think we should also try roasting broccoli with garlic too, it's delicious!



Slide 11

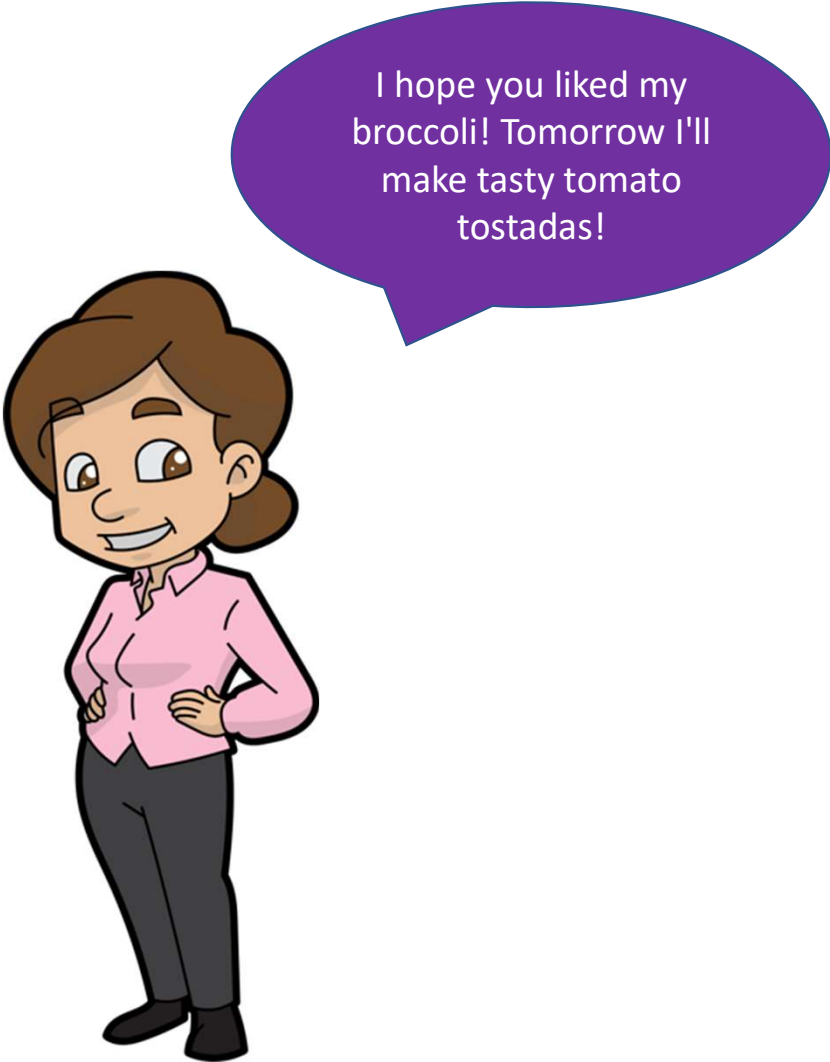
GU1 i feel like this text block should be in slide 7
Guest User, 4/2/2020




So, the first step is to heat up the pan, and add the minced garlic to the oil. After that, add the broccoli! Simple as that.



Wow, this smells so good! I can't wait to have some.



I hope you liked my
broccoli! Tomorrow I'll
make tasty tomato
tostadas!



Wow Mom,
sounds yummy!

Say the following 5
times fast with Hunter!



- Goofy gorillas gobble grapefruits.
- Peter Piper picked a peck of pickled peppers.
- Purple penguins pick pickles.

Ah, Hunter is hard at work. He really wants to drive his weight down so that he can become stronger for basketball.



It looks like Hunter is struggling right now... but he's trying his best! He will improve for sure in the meantime.

Well, well, well, it looks like Hunter is improving. He's faster, and he's beating his friends!





It's such a great day to be outside! I'm glad you're having fun and that we're also spending time walking instead of using the subway.



Thanks for coming out with me! I'm glad that I'm getting active with you.



Hunter made the team the next season after his significant improvement. Here he is winning his first game while being on the starting lineup!



But that's not all the success Hunter has been having...

Welcome back! Ready for your weight-in?

Wow, would you look at that. You're looking fantastic! Someone's been up to some work.

Well folks, what a happy ending. Even though Hunter was overweight, he was able to get rid of the extra weight by having a goal in mind and keeping track of what he was eating, while also working out. And he succeeded!

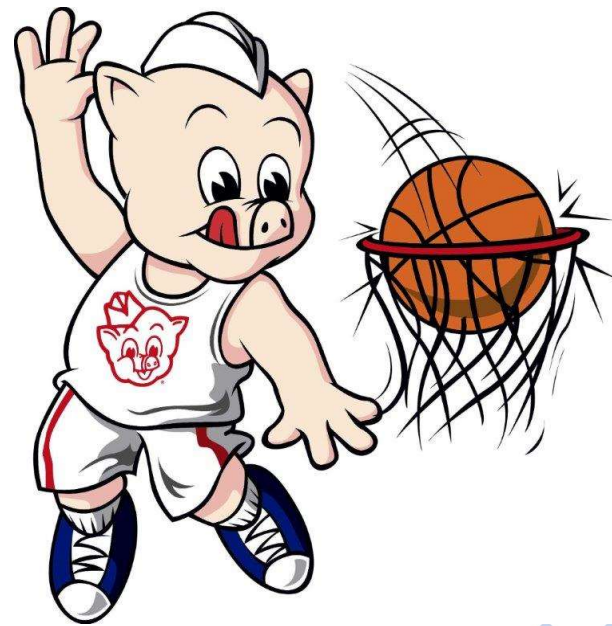




This has been so much fun.
I'm glad I decided to lose
weight by training and
eating well.

For anyone out there who also had the
same problem as me, I hope that I showed
you that it's possible to conquer anything!

What do you call a pig who plays basketball?



A ball hog!