

BUT THIS IS MY FAVORITE ONE. I ... MAYBE I GAINED SOME WEIGHT.

UMM, SCORPY, YOU CAN'T WEAR THAT SWEATSHIRT. IT'S WAY TOO SMALL FOR YOU.

THE NUMBER OF PEOPLE THAT LIVE A SEDENTARY LIFESTYLE - WITH NO PHYSICAL ACTIVITY - HAS GROWN TREMENDOUSLY. CARS, ELEVATORS, AND REMOTE CONTROLS MAKE OUR LIVES EASIER BUT CONTRIBUTE TO OUR HEALTH PROBLEMS. IF YOU WATCH TV OR PLAY VIDEO GAMES FOR MORE THAN TWO HOURS EACH DAY, YOU ARE PART OF THE SEDENTARY LIFE!



UH-OH. I THINK I BELONG IN THIS GROUP.

WHY DO YOU KEEP DRAGGING ME OUT TO EXERCISE? I'LL JUST DIET TO DROP A FEW POUNDS.

REGULAR EXERCISE COMBINED WITH A DIET RICH IN NUTRIENTS AND LOW IN CALORIES INCREASES YOUR WEIGHT LOSS - AND KEEPS IT OFF!

PHYSICAL ACTIVITY WORKS OFF STRESS AND ANXIETY. ACTIVE PEOPLE LIVE LONGER THAN INACTIVE PEOPLE! AND THEY'RE LESS LIKELY TO BECOME SMOKERS.



PEOPLE OF ALL AGES SHOULD EXERCISE DAILY. YOU DON'T HAVE TO GO TO A GYM LIKE THIS. JUST TAKING A BRISK WALK EACH DAY IS A GREAT WAY TO PUT SOME MOTION IN YOUR LIFE!

I CAN FEEL US TAKING A STEP TOWARD A BETTER LIFESTYLE!

IT'S PAST YOUR BEDTIME, SCORPY. TOMORROW IS A SCHOOL DAY.

JUST A FEW MINUTES LONGER. I'M NOT TIRED.

WE'LL SEE ABOUT THAT TOMORROW!

LOOK AT YOU! YOU DIDN'T GET ENOUGH REST, AND NOW YOU'RE SLUGGISH. YOU'RE DAYDREAMING AND MISSING FUN STUFF IN CLASS. WITHOUT REST, YOU FALL BEHIND IN YOUR SCHOOLWORK.

WELL, I'M NOT AS BAD AS HIM - HE'S FALLING BEHIND HIS DESK!

WITHOUT PROPER REST, YOU ALSO FEEL TIRED AND CRANKY. YOU CAN'T THINK CLEARLY AND HAVE A HARD TIME FOLLOWING DIRECTIONS. YOU MIGHT EVEN GET INTO FIGHTS WITH YOUR FRIENDS.

WELL, HOW MUCH SLEEP DO I NEED EACH NIGHT?

EXPERTS SAY CHILDREN 6-9 YEARS OLD NEED ABOUT 10 HOURS OF SLEEP. KIDS 10-12 NEED ABOUT NINE HOURS. TEENS NEED ABOUT EIGHT HOURS - BUT MOST DON'T GET THAT MUCH BECAUSE OF THEIR SCHOOL AND WORK SCHEDULES AND SOCIAL ACTIVITIES.

FROM NOW ON WE'LL TURN OFF THE TV, THE COMPUTER, AND THE VIDEO GAMES 30 MINUTES BEFORE YOU GO TO BED SO YOU CAN WIND DOWN. **ROUTINE** IS IMPORTANT. GETTING THE PROPER REST MAKES YOU FEEL FRESH THE NEXT DAY AND CAN EVEN PREVENT SICKNESS.

OK, OK! HURRY UP AND TURN OFF THE LIGHTS - I NEED MY SLEEP!!



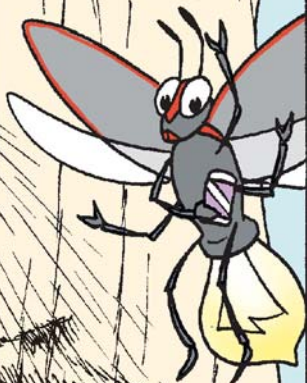
WAKE UP, SCORPY!
YOU NEED TO GET
IN THE SHOWER,
EAT BREAKFAST,
AND BRUSH YOUR
TEETH! THE BUS
IS COMING!

I DON'T NEED TO
SHOWER ... ALL
I'VE BEEN DOING
IS SLEEPING. I'M
NOT DIRTY.

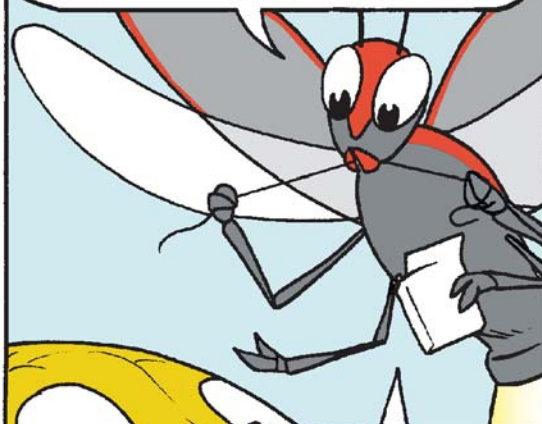
OUR SKIN PRODUCES AN OILY
SUBSTANCE WHICH TRAPS DIRT AND
BACTERIA THAT SOMETIMES CAUSES
BODY ODOR. WASHING YOUR BODY
WITH SOAP HELPS DISSOLVE AND
REMOVE THIS OIL FROM THE SKIN
AND PREVENT B.O.! WASHING YOUR
HAIR IS ALSO IMPORTANT.

BRUSHING YOUR TEETH AND TONGUE WITH
TOOTHPASTE TWICE A DAY HELPS PREVENT
BAD BREATH. WHEN YOU DON'T BRUSH YOUR
TEETH, THE SMALL FOOD PARTICLES LEFT IN
YOUR MOUTH - ALONG WITH THE STICKY
BUILDUP FROM PLAQUE - COLLECT BACTERIA,
AND THAT BEGINS TO SMELL TOO!

MAYBE, BUT YOU GET ONE SET OF ADULT
TEETH AND ONE BODY TO TAKE CARE
OF FOR YOUR WHOLE LIFE. YOU WANT
THEM TO LAST! PRACTICING GOOD
HYGIENE HABITS IS IMPORTANT.

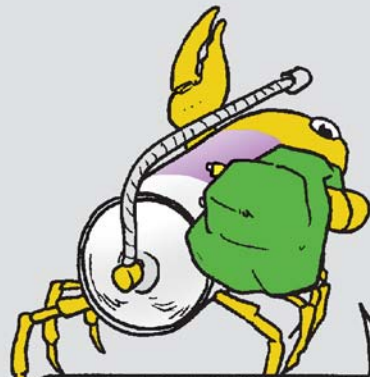
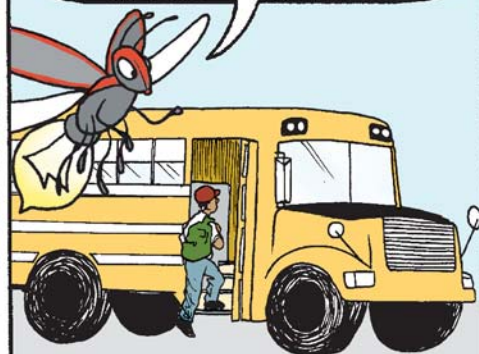


USING AN ANTIPERSIRANT
OR DEODERANT ALSO HELPS
PREVENT BODY ODOR AND KEEP
YOU SMELLING FRESH. (EATING
FOOD LIKE GARLIC AND ONIONS
CAN ALSO GIVE YOU B.O.!)

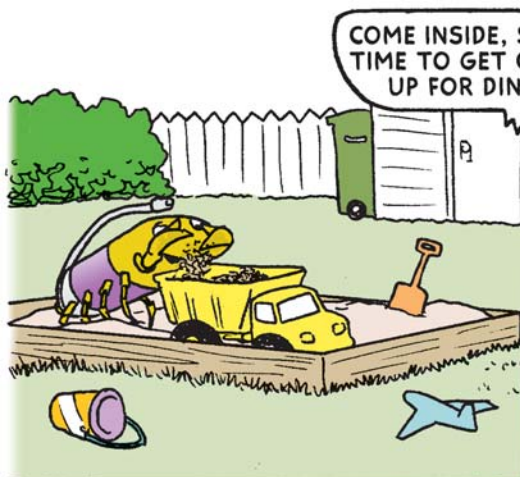


USING A SPECIAL
STRING CALLED
DENTAL FLOSS
TO SLIDE BETWEEN
YOUR TEETH
WILL REMOVE
FOOD PARTICLES
TRAPPED THERE.

THAT'S A LOT OF
WORK FOR MY TEETH.



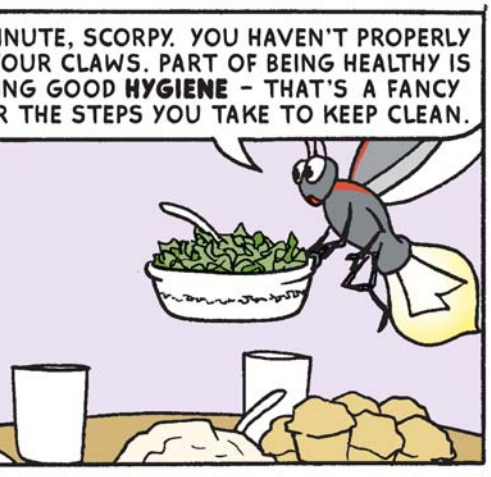
OK! STARTING TOMORROW, I'M
GETTING OUT OF BED EARLIER -
THIS GOOD HYGIENE TAKES TIME!



COME INSIDE, SCORPY!
TIME TO GET CLEANED
UP FOR DINNER!



OK, LET'S EAT!
I'VE BEEN
EXERCISING
OUTSIDE LIKE
YOU WANTED!



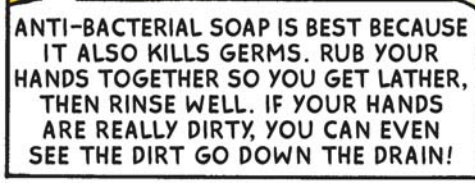
JUST A MINUTE, SCORPY. YOU HAVEN'T PROPERLY
WASHED YOUR CLAWS. PART OF BEING HEALTHY IS
PRACTICING GOOD **HYGIENE** - THAT'S A FANCY
WORD FOR THE STEPS YOU TAKE TO KEEP CLEAN.



FIRST, ALLOW THE WATER
TO GET WARM. WARM
WATER KILLS MORE GERMS
- THE TINY ORGANISMS
THAT CAN MAKE US SICK.



NEXT, DRY YOUR HAND USING A CLEAN
TOWEL - NOT YOUR CLOTHES! IF YOUR
CLOTHES HAVE DIRT ON THEM, YOUR
HANDS WILL JUST GET DIRTY AGAIN.



ANTI-BACTERIAL SOAP IS BEST BECAUSE
IT ALSO KILLS GERMS. RUB YOUR
HANDS TOGETHER SO YOU GET LATHER,
THEN RINSE WELL. IF YOUR HANDS
ARE REALLY DIRTY, YOU CAN EVEN
SEE THE DIRT GO DOWN THE DRAIN!



HUH. THEN
YOU'D MAKE
ME START ALL
OVER AGAIN.

ABSOLUTELY!



WASHING YOUR HANDS PROPERLY HELPS
PREVENT THE SPREAD OF GERMS AND
DISEASES. IT MAKES FOR A HEALTHIER
YOU AND A HEALTHIER COMMUNITY!