MIGHTY FITNESSA

FITNESS SUPERHERO IN...
THE FIGHT AGAINST EXCUSES!

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**MIGHTY FITNESSA**

When Alma was a child, she often could be found at fast food outlets munching away. That took its toll on her weight, as did watching hours of TV... sitting on a sofa. By her mid-teens she had trouble walking up a hill. She felt tired all the time. So Alma decided to make some changes in her life: After a visit to her Doctor, she began exercising each morning and adding more fruits and veggies to her diet. In a few months, she felt more energetic and positive.

One day, a beam of light bolted through the roof and hit Alma as she jogged on a treadmill. Instantly, she felt a sense of strength, power and stamina. Alma then went to a workout station and began lifting twice the amount of weights. She flexed her arm muscles, smiled and winked.

She knew this newfound strength must be put to good use or she might lose it. So she decided to do good deeds, starting by helping families. She would do all she could to get them to move about, exercising each day to the best of their abilities. Her new mission in life would be to help kids and their parents feel healthy, strong, mighty and fit. And so Alma became Mighty Fitnessa!

**D-VICE**

He puts his evil side on display. This "techy toad tablet" sits around in plain sight until you push one of his buttons. Then, look out, because he'll distract you from morning 'til night.

**X-CUSE**

He's full of excuses. And it shows. This short haired, short-tempered control freak likes to fight and block your path for no reason other than for spite.
Hey guys, how about helping me? Give your tablets a break!

Just a minute, mom. My favorite “blogger” released a new video!

Ready for the big race next month? The winner will get tickets to Wonder World, the new theme park!

Wow tickets to Wonder World?! Mom, can I go to the race? You gotta help me train!
Meanwhile in the Laziness Dimension, the evil X-Cuse and his sidekick D-Vice worked on a plan to keep Lucia from entering the big race...

No way you’re going, girl. There are hundreds of beautiful little excuses... You’re not fit and never will be... Ever!! D-Vice, my faithful partner, distract the kids...

Piece of cake, X-Cuse... Consider it done!

Let’s release the excuse and see what happens... Ha, ha, ha!

That same day at dinner...

Mom, have you decided about the race? Will you help me train?

I don’t think so, honey, we haven’t exercised in years... I really don’t have the time.
Hmmm. The Doctor did say to exercise more... I need to get fit to help lower my diabetes.

Lucia, my sweet daughter... Don’t take this the wrong way, but you’re not really fit to enter the big race.

Yeah, Sis, all you do is watch videos and play with your tablet.

Look who’s talking, Tomas! You’re just lucky to be thin. I’ve never seen you exercise.

Minutes later after dinner...

Let’s face it, I’m not fit enough for this race. There’s no way I can win. Besides, the last time I ran I felt terrible....
OH, BONNIE75 HAS A NEW VIDEO! WHY BOTHER WITH SILLY RACES IF I HAVE EVERYTHING I NEED IN THE PALM OF MY HAND? I LOVE MY TABLET!

MEANWHILE - AT MIGHTY FITNESSA’S FORT OF FITNESS.

Oh no! I sense a huge disturbance on the fitness force... There’s all sorts of excuses in the air... I gotta do something!

Very early the next morning Mighty Fitnessa ran at full speed to visit Lucia’s home...

You’re Mighty Fitnessa!

It’s such an honor. Come in!
So, Lucia, what's keeping you from going to the big race?

I don't want to anymore. I needed Mom to coach me. But she's right, we're not fit and don't have the time either...

Years ago I wasn't fit and had low self-esteem. I couldn't run smoothly. I felt tired all the time. I was suffering.

Until one good day, overcoming the evil forces of X-Cuse... I decided to get fit. I started exercising. That's when I discovered my new strength.

I looked healthier, and I felt so full of energy... so positive!
And best of all, I generated my own super-secret weapon... The Willpower Beam!

Willpower? Like the inner strength that says "you can do it"? Can you use it on us?

Yes! But this incredible force must be used today against X-Cuse and D-Vice.

Sorry, Mighty Fitnessa. Not much to do here! See, we're not fit at all... Besides I have to work and don't have much time left to exercise...

And I'd rather follow the race on social media from my tablet and on my cozy couch...

Excuses! Excuses! There's no such thing as "no time!" You are both under the influence of X-Cuse and D-Vice!!!
MIGHTY FITNESSA! I SHOULD’VE KNOWN YOU WERE BEHIND ALL THIS MOTIVATIONAL TALK...

X-CUSE! GETTING FIT IS GOOD! IT PREVENTS THINGS LIKE HEART DISEASE AND OBESITY. FROM EXERCISING 20 TO 30 MINUTES A DAY, YOU CAN FEEL BETTER.

HA! IF YOU’RE SO FIT, DODGE THIS!

WHAT THE HECK!!??

HOW ABOUT A TASTE OF YOUR OWN MEDICINE?
D-Vice? Get up and fight!! That's an order!! I'll be back, Mighty Fitnessa! This battle is not over.

Oooh... Enough fighting for today, I just want to chill out and check my Facetrick page...

Now I'll train you for the big race... No more excuses! We just need 20-30 minutes every day and a great attitude!

In the first month, Maria and Lucia made great strides. They started with a brisk walk before jogging and then running.
A FEW WEEKS LATER...

I FEEL SO MUCH BETTER WITH MY NEW BODY.

ME TOO. SINCE I LOST A FEW POUNDS, I HAVE MORE ENERGY.

THANKS TO MIGHTY FITNESSA, THE WHOLE FAMILY EXPLORED THE GREAT OUTDOORS, WHERE THEY COULD HAVE FUN AND GET FIT.

SOUNDS CRAZY! I BET I CAN CREATE SOMETHING LIKE THAT WITH MY TABLET.

VIDEOGAMES ARE FUN, TOMAS, BUT NOT ALL DAY LONG. LET'S GO PLAY OUTSIDE. YOU'LL LOVE IT!
A few days later the big race was about to begin...

I can do this!

Keep your speed constant during the race!

We've trained hard for this... Go get those Wonder World tickets!

On your mark. Get set. Go!

Minutes later Lucia had outrun the other competitors, but just as she was running out of breath on the toughest hill...

I'm feeling a bit tired but I can deal with it...

No you can't, Lucia... Feel the soreness of your legs? And all that sweat? Ewww! What about your "thick bones"... Getting you tired? It's time to quit!

Go home and take a nap. Or watch some videos. Come on. Stop running.
Hold on, Mighty Fitnessa!
I think my own Willpower Beam will do it...

Not so fast, X-Cuse, or I'll have to... Huh?

Ooops! I remembered I left something in the microwave oven... I'll be back!

You've grown so strong! X-Cuse, do something!

No more excuses for me! Goodbye, D-Vice! Now let's get back to the race.

Incredible! Lucia, you made it in great time!

A few miles ahead...

Oh, I'm so proud!
I finished the race! And I beat the excuses that kept me from getting fit. Whooppee!

It’s incredible. Being fit has done wonders for my body. I have more energy. My diabetes is under control. And I feel better.

That’s great. Being fit should be part of your life from now on.

And speaking of winners, how about if we all celebrate at Wonder World! We bought tickets!

Dad, you’re the best! Thanks, Mighty Fitnessa. You changed our lives!

No more excuses!

That’s my sis!

So kids, never let excuses stop you. Stay fit. It helps you to feel healthy and feel better about yourself. Keep moving!
MIGHTY FITNESSA’S
TOP 5 TIPS
TO FEELING HEALTHY:

1. **Drink enough water before and during exercise.**

2. **See your doctor for regular checkups.**

3. **Eat plenty of fruits and veggies.**

4. **Get enough rest.**

5. **Smile at yourself...and exercise 30 minutes a day!**
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