

# 23. Tipping the scale

Obesity



Scan to learn the process!

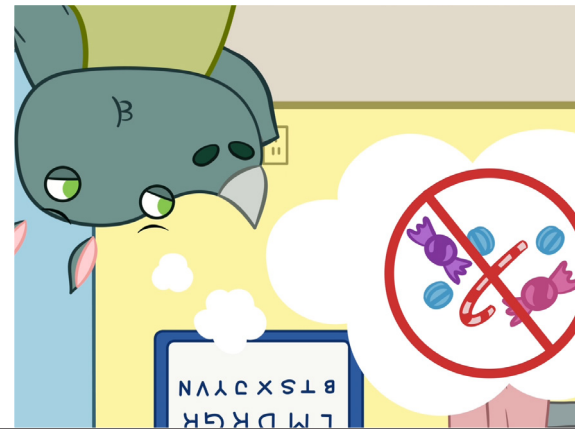


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Cut through the black line 

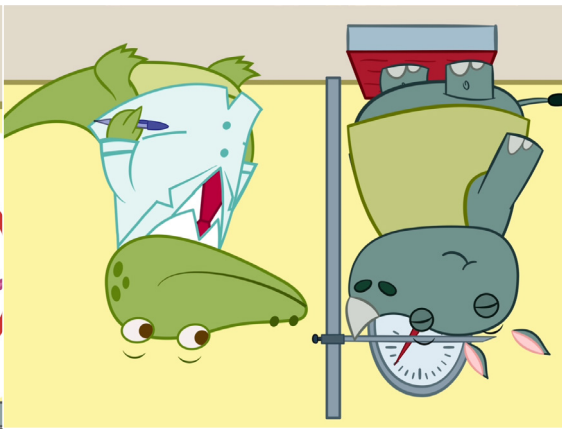
7

For Rino to be healthier, he will have to avoid eating foods and drinks with lots of sugar.



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Croco Doc weighs and measures Rino. He can see from these numbers that Rino's body mass index is higher than normal. Body mass index is a way to calculate if you are a healthy weight. Rino is obese.



Rino and his friends are playing soccer in gym class.

Just like always, Rino has to be the goalie. He is not very good at it though!



The game is over and it was horrible! Rino did not stop any goals. His friends get mad at him for playing so badly.



Rino is very sad and tired so he sits down on a bench to rest. Croco Doc sees how tired Rino is and tells him to come visit him the next day.

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Scan to learn  
the process!



GLUE

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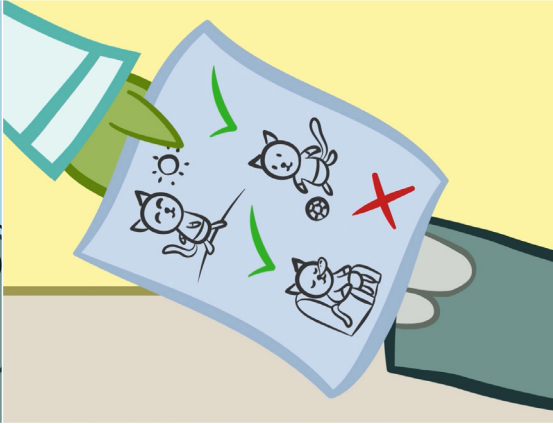


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He needs to eat a healthier and more varied food. Different kinds of fruits and vegetables are always a good idea!



Croco Doc also tells Rino to try and live a healthier lifestyle. He should go on walks, play sports, and avoid spending too much time sitting on the couch.



Croco Doc gives Rino a few more tips.

Don't take the car to places if he can walk there and always take the stairs instead of the elevator.

Back at the hospital, Croco Doc sees that Rino now has the perfect BMI! Rino is feeling much happier and healthier.

After a few weeks of the new lifestyle, Rino feels much better! He isn't as tired as he used to be and is a much better goalkeeper!

