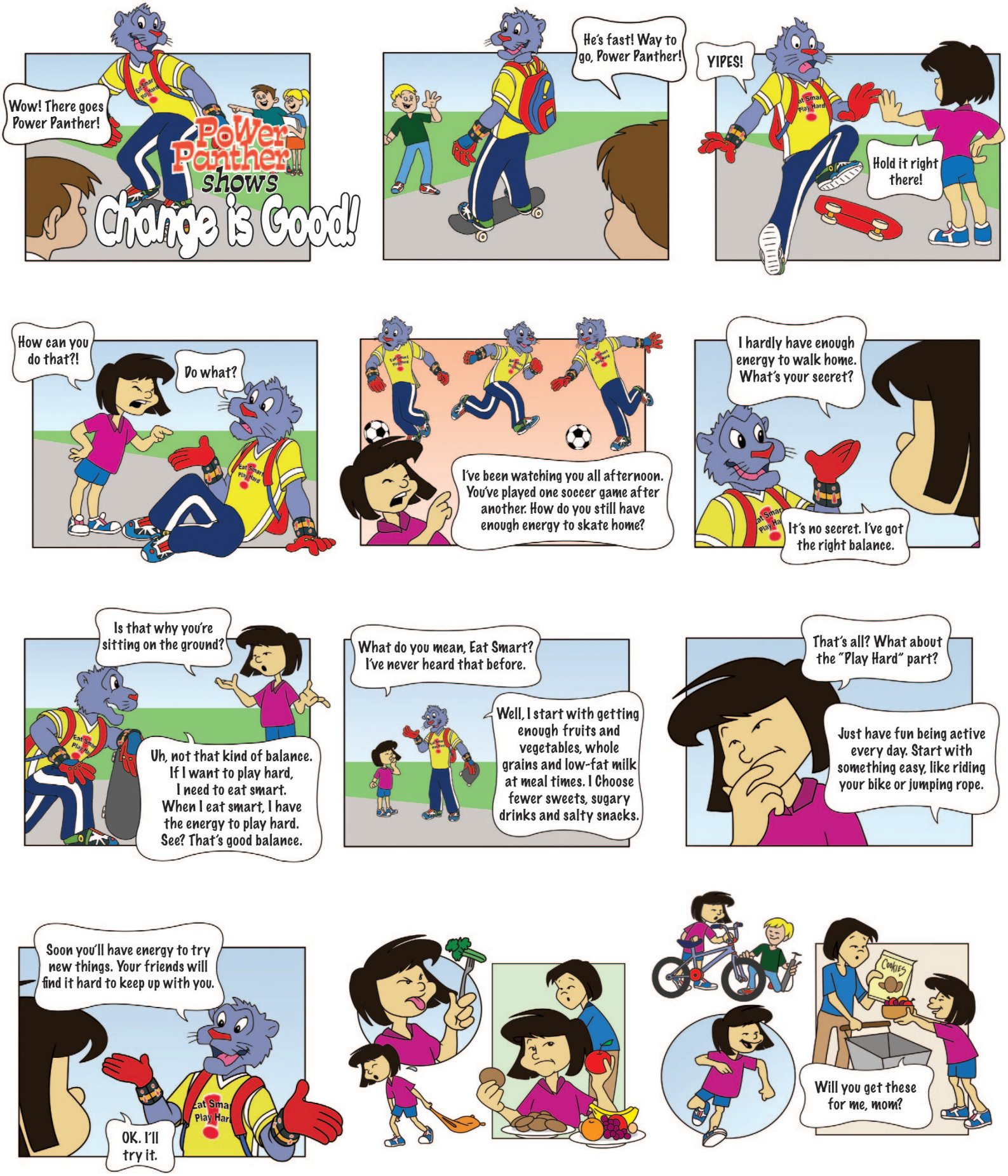
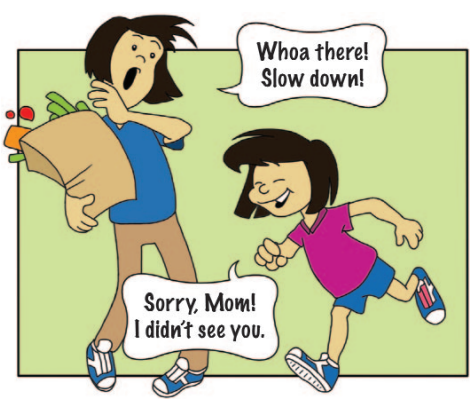
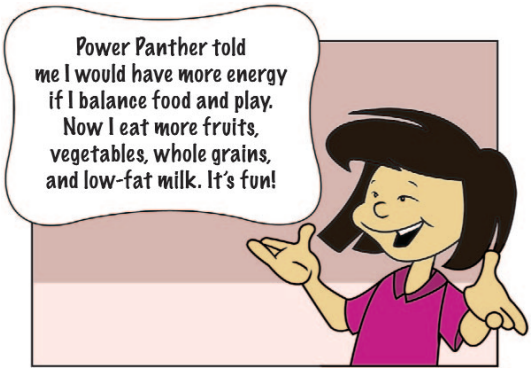
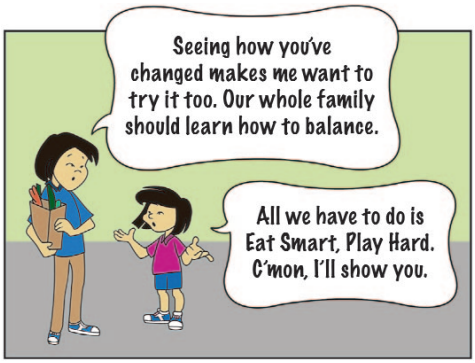

Power Panther shows Change is Good!
Wow! There goes Power Panther!
He's fast! Way to go, Power Panther!
YIPES!
Hold it right there!
How can you do that?!
Do what?
I've been watching you all afternoon. You've played one soccer game after another. How do you still have enough energy to skate home?
I hardly have enough energy to walk home. What's your secret?
It's no secret. I've got the right balance.
Is that why you're sitting on the ground?
Uh, not that kind of balance. If I want to play hard, I need to eat smart. When I eat smart, I have the energy to play hard. See? That's good balance.
What do you mean, Eat Smart? I've never heard that before.
Well, I start with getting enough fruits and vegetables, whole grains and low-fat milk at meal times. I Choose fewer sweets, sugary drinks and salty snacks.
That's all? What about the "Play Hard" part?
Just have fun being active every day. Start with something easy, like riding your bike or jumping rope.
Soon you'll have energy to try new things. Your friends will find it hard to keep up with you.
OK. I'll try it.
COOKIES
Will you get these for me, mom?


Whoa there! Slow down!
Sorry, Mom! I didn't see you.

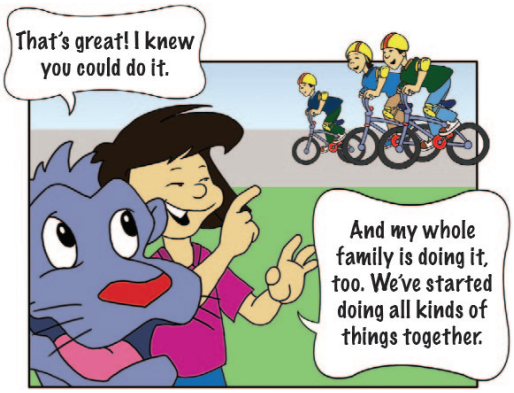
You've been running around so fast lately that I can't keep up with you.
I'm learning how to balance.
Balance what?


Power Panther told me I would have more energy if I balance food and play. Now I eat more fruits, vegetables, whole grains, and low-fat milk. It's fun!


Seeing how you've changed makes me want to try it too. Our whole family should learn how to balance.
All we have to do is Eat Smart, Play Hard. C'mon, I'll show you.

A few weeks later...
POW!
Wow! Great shot!

HEY! How did you do that?!
I've learned how to balance!


That's great! I knew you could do it.
And my whole family is doing it, too. We've started doing all kinds of things together.

We're eating smart and playing hard. We're having lots of fun.

Ready to try for another goal?
You bet! Let's GO!

Power Panther shows Change is Good!

Now that you have read the comic, see if you can answer these questions about it!

1. What does the girl ask the Power Panther at the beginning of the story?

   a) How to get an "A" on her math test.
   b) How to be the best volleyball player in school.
   c) Where he gets his energy to play so much.

2. What does the Power Panther tell her?

   a) He studies hard to get good grades.
   b) He has good balance.
   c) He gets plenty of sleep each night.

3. What does the Power Panther mean by "balance"?

   a) Start taking gymnastic classes.
   b) If you want to play hard, then you need to eat smart, and when you eat smart, you have the energy to play hard.
   c) He never explains it.

4. What does the girl do?

   a) She starts eating fruits, vegetables, whole-grains, and low-fat milk, and makes sure she is physically active every day.
   b) She sits down and watches her favorite TV program.
   c) Goes to a friend's house to do homework.

5. What happens to the girl after she begins doing this?

   a) She learns how to sew.
   b) She goes on vacation with her family.
   c) She has more energy to play and do things with her family.

6. List two things you could do to balance your day with food and play.