

Then Doctor Grand asked, “Do you exercise?” Seymour looked down at the floor. “No,” he mumbled. “I don’t really like to go out and play because the kids pick on me.”

“I see. Who is your best friend?”

“Well, there’s Flash, my dog, Rusty, and all the Whiz Kidz.” Seymour explained that they called themselves the Whiz Kidz because they all had something special about them.

“That’s great!” said Doctor Grand. “I think there’s something special in you too. We can find it together.”

“How do we do that?” asked Seymour.

“Let’s try the 5 Step Plan,” replied Doctor Grand.

“The *what?*”

“The 5 Step Plan. It means that you eat **5** servings of fruits and vegetables each day; drink at least **4** glasses of water each day; exercise **3** days a week; spend no more than **2** hours watching TV or playing video games each day; and get **1** hour of physical activity each day.”

“An hour of physical activity?” Seymour seemed shocked.

“Remember Seymour, physical activity and exercise are two different things,” Dr. Grand said.

“They are?”

Dr. Grand replied, “Physical activity is any movement that uses energy, like playing with your dog, or even helping mom and dad around the house. It is about keeping your body moving.”

“I can do that,” Seymour said.

“Exercise is something we plan. Like riding your bike for 20 minutes with your dad, or going for a hike with your family on the weekend,” Dr. Grand continued.

“What about all of the fruits and vegetables? That seems like a lot,” asked Seymour.

“I know, Seymour, but if you think about it, eating 5 servings of fruits and vegetables is really easy. Do you like fruits and vegetables?”

“Yeah, I like grapes, bananas, apples, pears. And I love strawberries and blueberries,” he said.

