

Healthy diet for farmer Bunce

The Diet

- Farmer Bunce has a stomach-ache and, to stop it, he needs to follow the diet bellow:

Breakfast	Cornflakes with milk or some bread with jam.
Lunch	Fish, meat, rice and a salad, but not too many fatty foods and sugar drinks.
Snack	You can eat an apple, a fruit or a cereal bar.
Dinner	Something light. Maybe a salad or a yogurt with honey.

Exercise

- Except healthy eating, he also needs to workout. To do that, he has to follow this exercise programme:

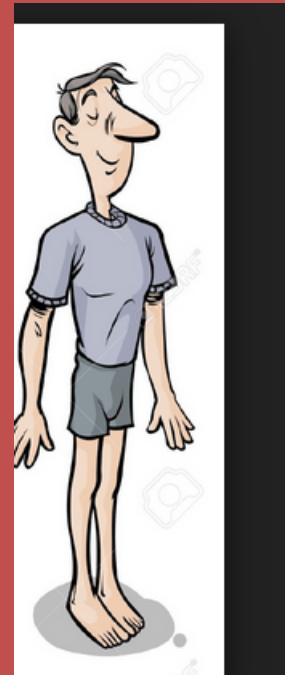
Workout Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Morning (8:30-9:00)	Cycle to the top of the hill twice.	Relax	Run to the top of the hill.	Jumping jacks, high knees and run in place	Do easy workout moves.	Relax
Afternoon (4:00-5:00)	Run for 1 hour.	Relax	Do push-ups, sit ups and squats	Cycle for 30 minutes and then run for 30 minutes	Run half a km and then cycle.	Relax

The change

If farmer Bunce follow
exactly my steps,
then from this....



...he will go to
this!!!!



Bunce's thought

Bunce:I think this diet isn't helpful.

Doctor:No! This diet will protect you from any stomache-ache!

Bunce:But it's too difficult! It's impossible to do it!

Doctor: Exactly the opposite. It's "I'm Possible" XD