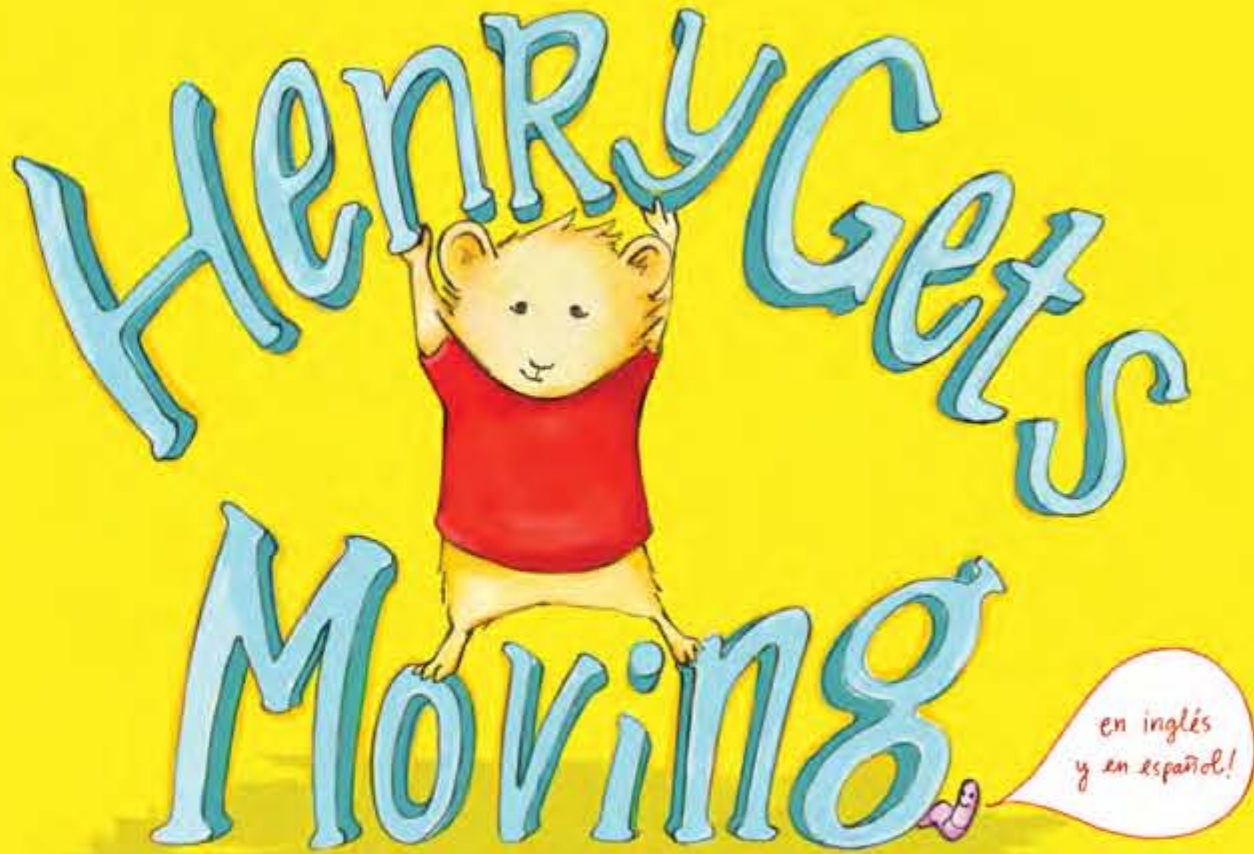


Henry Gets Moving



en inglés
y en español!

WRITTEN BY: PIERRE ROUZIER M.D. & CHAZ NIELSEN

ILLUSTRATED BY: CATHERINE LAZAR ODELL

Foreword

OBESITY IS A FOREMOST public health problem in America. Daily movement and a healthy diet are the best ways to combat this problem. As the 17th Surgeon General of the United States, I am heartened by the positivity displayed by Henry and Jasmine as Henry changes his life and gets moving. This is a book with the power to transform our society and inspire children, families, and communities to lead healthy, active lives.

LA OBESIDAD ES UN PROBLEMA principal de salud pública en América. El movimiento diario y una dieta saludable son las maneras mejores de combatir este problema. Como el XVII Cirujano General de los Estados Unidos, me siento alentado por la positividad de Henry y Jasmine como Henry cambia su vida y empieza a moverse. Este es un libro con el poder de transformar nuestra sociedad e inspirar a los niños, las familias, y las comunidades a conducir vidas sanas y activas.

Richard Carmona, M.D.

17th Surgeon General of the United States (2002-2006)

Henry Gets Moving

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Special thanks to all our families who keep us moving and to all those who keep us motivated. To Angela Perez, Adriana Morehouse, and Janine Price for their help with the Spanish translation and to Josette Hochman for proof-reading. And to the countless pediatricians, nutritionists, teachers, counselors, parents, children and friends who have given us the feedback to bring Henry to life. May we all keep moving!

Book layout and design: Jefferson Johnson

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For more information on how to use this book to help get our children moving please visit www.henrygetsmoving.com

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It was moving day for Henry! He said goodbye
to his friends and drove away with his parents.
He was excited to see their new home.

¡Era el día de la mudanza de Henry! El se despidió de sus amigos y se fue
con sus padres. Henry estaba muy emocionado por ver su nuevo hogar.

But when he got there, he felt sad and lonely. Henry didn't have any new friends yet, and school didn't start for a long time. Henry was bored.

Pero cuando llegaron a su nuevo hogar, Henry se sentía muy triste y solo. Henry no tenía amigos con quien jugar. La escuela aun no había comenzado y Henry estaba muy aburrido.





He didn't know any other kids, so he spent a lot of time inside playing video games and eating his favorite foods. They made him feel good.

Como no conocía a otros niños pasaba todo el tiempo en casa jugando con sus videojuegos y disfrutando sus comidas favoritas. Todo esto lo hacía sentir muy bien.

Well, sometimes they made him feel good.

Bueno, a veces lo hacían sentir muy bien.



Sometimes they made him feel awful.

Otras veces, lo hacían sentir muy mal.

Finally, school started. To Henry's surprise, there was another kid in the neighborhood.

Finalmente, la escuela comenzó. Para la sorpresa de Henry, había otra niña en el pueblo.



"Hi, I'm Jasmine! You must be the new kid. Nice to meet you!"

"¡Hola, soy Jasmine! Tú debes ser el niño nuevo. ¡Mucho gusto!"

Henry and Jasmine were in the same class. Henry felt tired and had trouble paying attention.

Henry y Jasmine estaban en la misma clase. Henry se sentía cansado y no se podía concentrar.



In art class, he couldn't think of anything to paint.

En la clase de arte, no podía pensar en nada para dibujar.

During recess, kids picked teams
for a game of kickball.

Durante el receso, los niños eligieron
equipos para un juego de football.



Henry got picked last.

Henry fue el último en ser elegido.

Henry and Jasmine sat together at lunch time.
Henry y Jasmine se sentaron juntos en la hora de almuerzo.

Henry ate:

a hot dog,

french fries,

chocolate
chip cookies,

and a soda.



Jasmine ate:

a turkey
sandwich,

an apple,

an oatmeal
cookie,

and a carton
of 1% milk.

Henry comió un hot dog, papas fritas,
galletitas de chocolate y una soda.

Jasmine comió un sándwich de pavo,
una manzana, una galleta de avena y un
vaso de leche con solo 1% de grasa.

During afternoon recess, everyone rushed to the playground to go down the big slide.

En el receso de la tarde, todos los niños corrían en el patio, deslizándose por el tobogán.

Henry had a hard time keeping up.

Para Henry resultaba muy difícil seguirlos.



“Jasmine, your friend is too slow. I don’t think he should play with us anymore,” Charles said.

Henry felt terrible.

“You never know, Henry could be faster than you by the end of the school year,” said Jasmine.

“There's no way!” Charles laughed.

“If he's faster than me in the Big Race, I'll eat a worm,” giggled Sara.



“Jasmine, tu amigo es muy lento. No debería jugar más con nosotros,” dijo Charles. Henry se sintió horrible.

“¿Quién sabe?, Henry podría ser más rápido que tu al final del año escolar,” dijo Jasmine.

“Imposible,” gritó Charles. “Si Henry llega a ser más rápido que yo en la Gran Carrera, me comeré un gusano,” Sara rió.

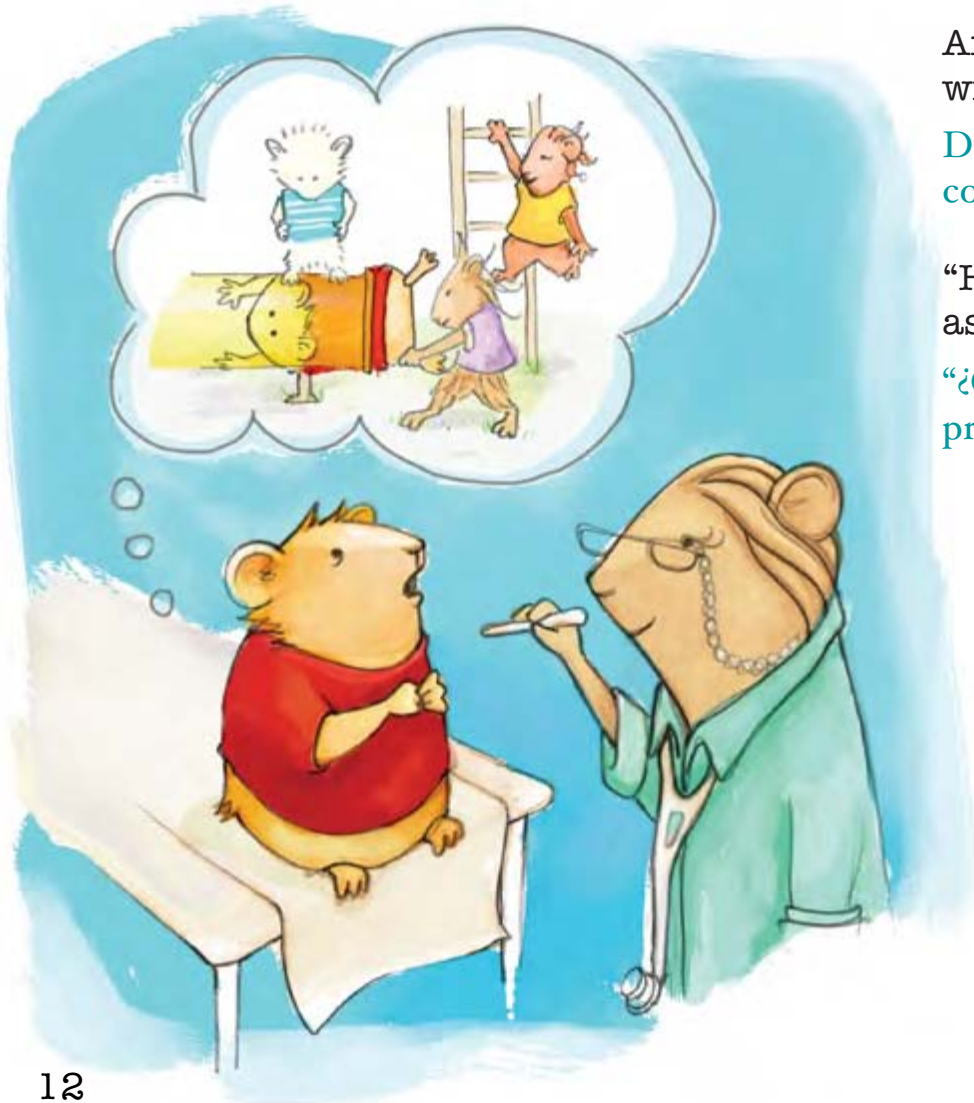


“Jasmine, do you really think I could be fast like you and your friends?”

“Jasmine, ¿En verdad crees que puedo ser tan rápido como tú y tus amigos?”

“I sure do, Henry. You can do anything!”

“¡Claro que si, Henry. Tú puedes lograr lo que quieras!”



After school, Henry had an appointment with his new doctor.

Después de la escuela, Henry tuvo una cita con su nueva doctora.

“How was your first day of school?” asked Dr. Hartwell.

“¿Como fue tu primer día en la escuela?” preguntó la Dra. Hartwell.

Henry thought about how embarrassed he was on the playground.

“Not so good...”

Henry recordó lo mal que se sentía al ser siempre el último cuando jugaba con los demás niños.

“No muy bien...”

“Well, what do you like to do after school?”
asked Dr. Hartwell.

“¿Qué te gusta hacer después de la escuela?”
preguntó la Dra. Hartwell.

“I like to play video games. I like
soccer, too, but I get tired easily.
And I want to run in the Big
Race at the end of the school
year with the other kids.”

“Me gusta jugar videojuegos
y fútbol, pero me canso muy
rápido. También quiero
correr en la Gran Carrera
con los demás niños al final
del año escolar.”



“Henry, what do you like to eat?”
asked Dr. Hartwell.

“¿Henry, que te gusta comer?”
preguntó la Dra. Hartwell.

“Oh, lots of things!”
said Henry.

“¡Oh, muchas cosas!”
dijo Henry.

“I see...”
said the doctor.

“Ya veo,”
dijo la doctora.

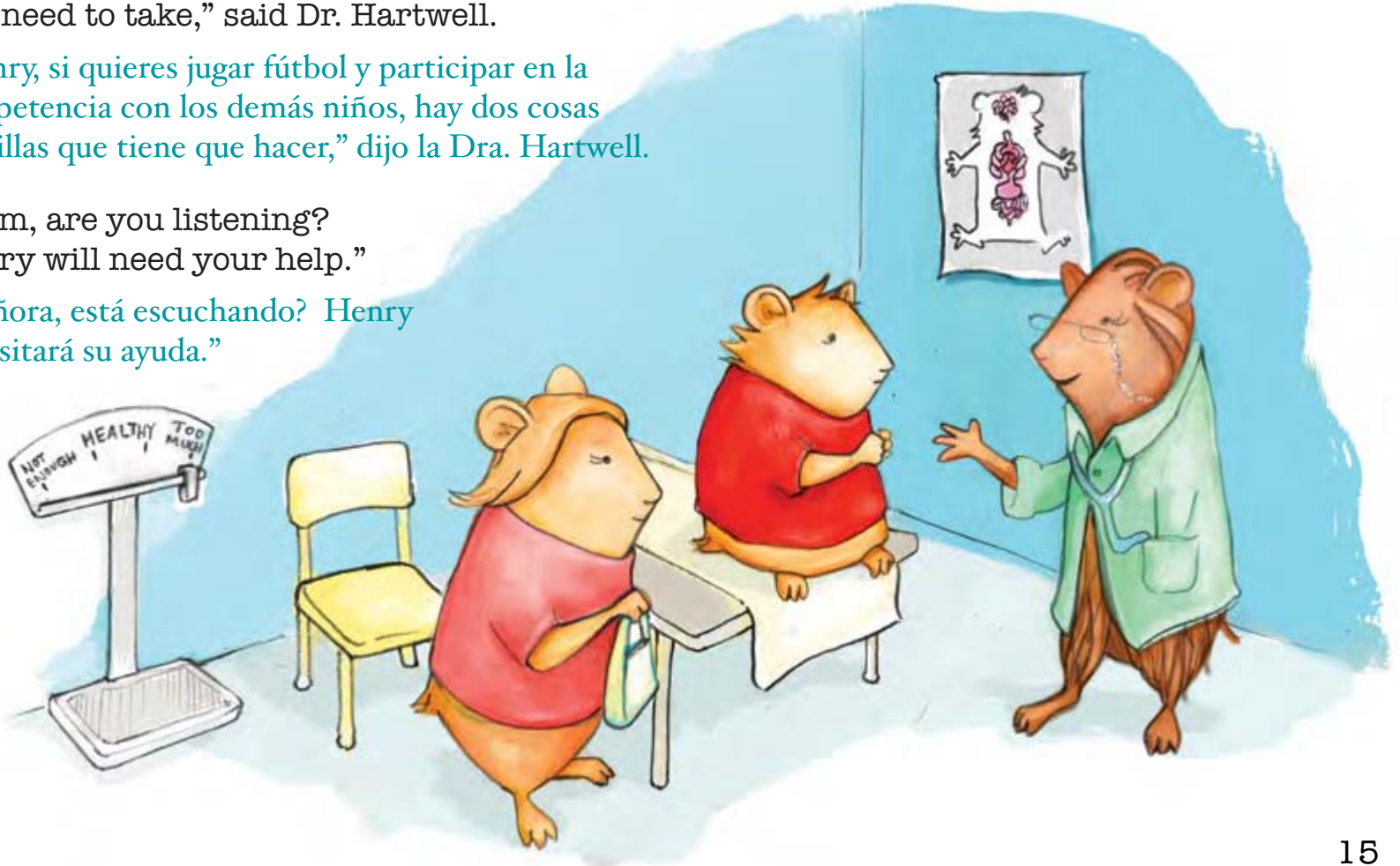


“Well, Henry, if you want to play soccer and run in the race with the other kids, there are just two simple steps you need to take,” said Dr. Hartwell.

“Henry, si quieres jugar fútbol y participar en la competencia con los demás niños, hay dos cosas sencillas que tiene que hacer,” dijo la Dra. Hartwell.

“Mom, are you listening?
Henry will need your help.”

“¿Señora, está escuchando? Henry
necesitará su ayuda.”





“First, get moving! There are lots of ways to be active!
You need to run around and play for at least 60 minutes every day.
Even your parents and I have to be active for at least 30 minutes a day.
Exercise is a wonderful medicine.”

“¡Primero, ponte en movimiento!

Hay muchas formas de ser activo. Debes correr y jugar por lo menos durante
60 minutos al día.

Hasta tus padres y yo debemos estar activos por los menos 30 minutos al día.
El ejercicio es una medicina maravillosa.”

“The second step,” Dr. Hartwell said, “is to eat healthy foods! Eating healthy and being active will make you feel happy and strong. There's no time like today to start doing these two things.”

“El segundo paso,” dijo la doctora Hartwell, “es comer saludable! Comer saludable y estar más activo te hará sentir feliz y fuerte. Hoy es el mejor día para comenzar a hacerlo.”



The next day, Henry decided to get moving. His mom said, “Let’s drive to the park to meet Jasmine.”

Al día siguiente, Henry decidió ponerse en movimiento. Su madre dijo, “Vamos manejando al parque para juntarnos con Jasmine.”



“Let’s walk, instead! Remember, Mom, Dr. Hartwell said it’s important for you and Dad to get moving, too.”

“¡Mejor vamos caminando! Mamá recuerda, la Dra. Hartwell nos dijo que es importante que tú y Papá también estén activos.”

The first thing Henry and Jasmine did when they arrived at the park was race around the track.

Henry y Jasmine lo primero que hicieron al llegar al parque fue correr.



Jasmine was so fast!

¡Jasmine era muy rápida!

At first, Henry
stumbled and
couldn't keep up, but
he got back on his
feet and had lots of
fun trying!

¡Al principio, Henry se
cayó porque no podía
correr tan rápido como
Jasmine, pero aun así
seguía intentándolo
y le gustó!



Henry was thirsty, so they decided to get something to drink.

Henry tenía sed, entonces decidieron buscar algo para tomar.



“Water, Henry, not soda.”

“Agua, Henry. No soda,” dijo Jasmine.

Henry got moving every day...

Henry era activo todos los días...

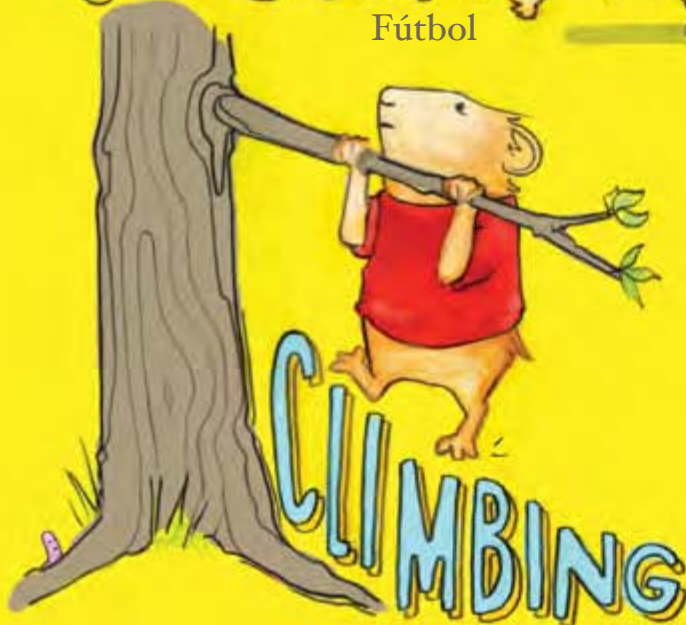
SOCCER

Fútbol



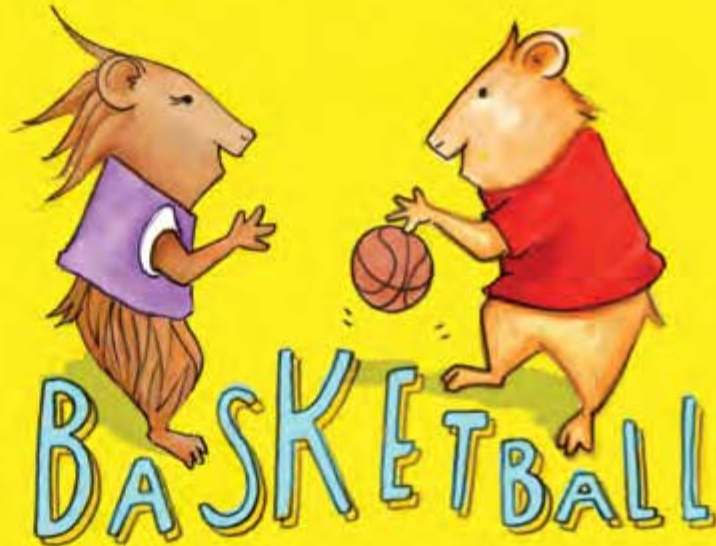
BASE

Pelota



CLIMBING

Escalar



BASKETBALL

Baloncesto

BALL



FOOTBALL



DANCE



Fútbol Americano

SKATE BOARD



Patinaje



Baile

...and he felt great!

...y él se sentía increíble!

After school, Henry and Jasmine ate sweet, juicy apples and crunchy carrot sticks for a snack.

Después de clases, Henry y Jasmine comieron manzanas jugosas y dulces con zanahorias crujientes durante la merienda.

When they finished, Henry always said, "Let's get moving!"

Cuando terminaron, Henry dijo, "¡Vamos a ponernos en movimiento!"



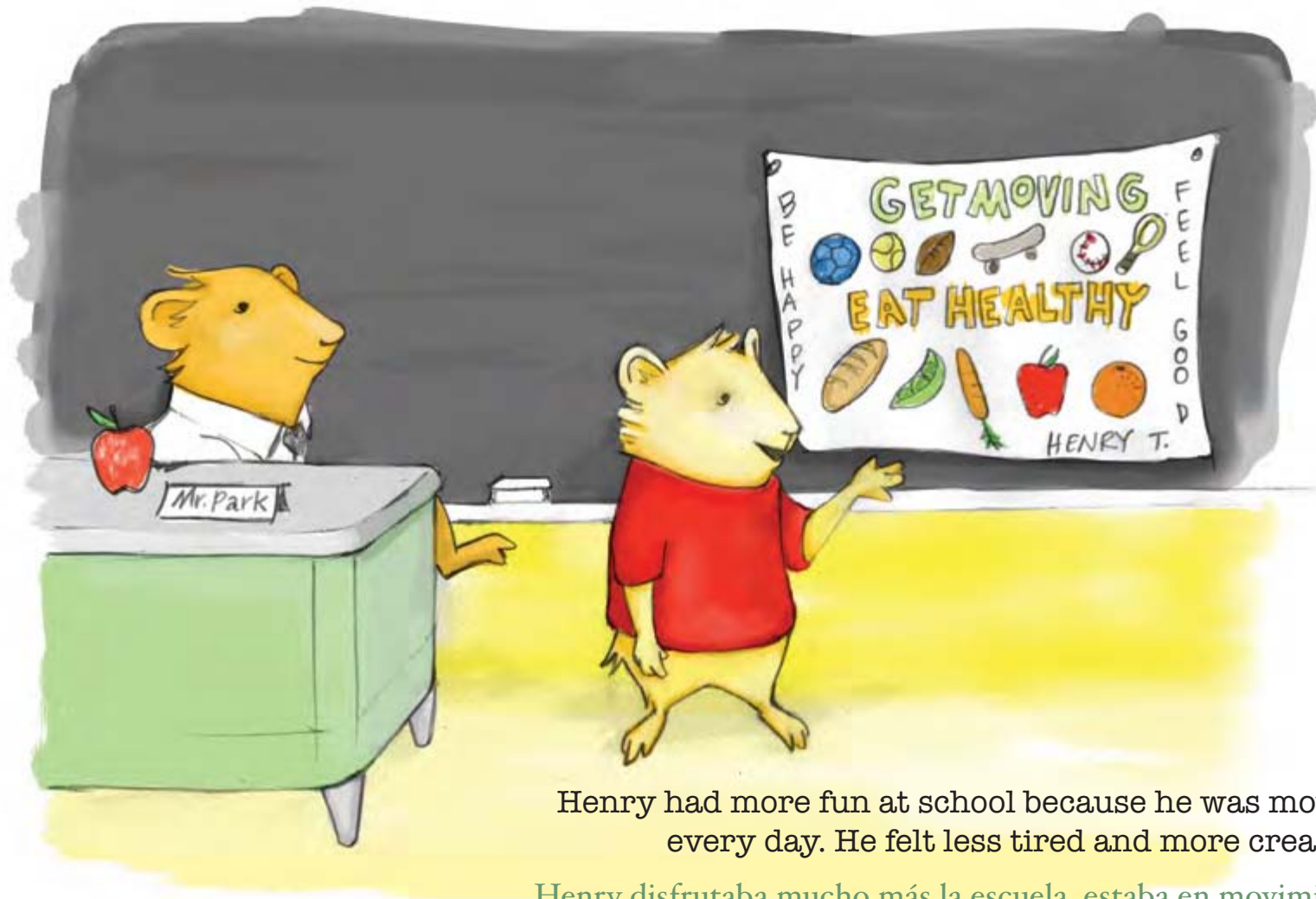
Henry's parents had lots of fun playing with the kids.

Los padres de Henry también se divirtieron mucho jugando con los niños.



"It feels great to be outside and moving," Henry's dad said. "This is a lot more fun than watching TV!"

"Se siente fantástico realizar actividades fuera de casa," dijo el padre de Henry. "¡Esto es mucho más divertido que mirar la televisión!"



Henry had more fun at school because he was moving every day. He felt less tired and more creative.

Henry disfrutaba mucho más la escuela, estaba en movimiento todos los días. Se sentía menos cansado y más creativo.

Dr. Hartwell was very impressed when Henry returned for another checkup in the spring.
“Henry, you look so happy, healthy, and strong!”

La Dra. Hartwell estaba muy impresionada cuando Henry volvió para otra visita médica en la primavera. “¡Henry, te ves muy feliz, sano y fuerte!”

“We’re all doing better since we started eating healthy and exercising,” Henry’s mom said.

“Estamos mucho mejor después de comenzar a comer saludable y hacer ejercicios,” dijo la madre de Henry.

“When you said ‘Get moving,’ I did!” Henry added.

“¡Dijiste, ‘muévanse’, y así lo hice!” dijo Henry.





When the Big Race came at the end of the school year,
Henry surprised everyone with how fast he was.

Cuando llegó la Gran Carrera al final del año escolar,
Henry sorprendió a todos al ser tan rápido.

“I can’t keep up!” Sara said.

“Way to go, Henry!” Jasmine yelled.

“¡No puedo seguir!” dijo Sara.

“¡Tú puedes hacerlo, Henry!” dijo Jasmine.

“Hey, Sara, you know what this means?”
Charles laughed.

“¿Oye Sara, sabes lo que eso significa?”
Charles se rió.





Team Henry

Pierre Rouzier, M.D. practices primary care sports medicine and is team physician at the University of Massachusetts. He is a fellow of the American College of Sports Medicine and author of The Sports Medicine Patient Advisor. Pierre gets moving by riding his mountain bike, doing yoga, and working out in his basement gym. He is dedicated to getting his patients moving!

Chaz Nielsen is an aspiring physician and educational reformer who shares his love of movement with everyone around him. He gets moving on his mountain bike, skis, and two feet. When he's not riding, skiing, or searching for adventure, you can find him in the kitchen, cooking and eating healthy, delicious foods.

Catherine Lazar Odell is an illustrator, designer, and musician loving life in Portland, Oregon. She stays healthy and happy by growing her own fruits and vegetables in her garden, playing soccer, biking the city streets, and exploring the sleepy volcanoes of the Pacific Northwest with her four-legged friend Luna.

Anthony Rouzier, JD/MBA Class of 2013 from Florida International University, is a former linebacker for the University of Massachusetts and University of Connecticut football teams. He now gets moving by playing basketball, lifting weights and practicing yoga. Anthony has been moving all his life and has too much energy to sit in one place for too long!

Jack Odell, JD/MBA Class of 2013 from Florida International University, graduated from Wake Forest University in 2009 where he studied Communication, Entrepreneurship, and became fluent in Spanish. Jack gets moving by running, going to hot yoga, and playing pickup games.

Henry Gets Moving

Henry is my hero! This wonderful story, with Henry as our role model, will motivate kids, families and communities to make positive choices and lead active, healthy lives. We have all experienced Henry's struggles. Join Henry in choosing to eat well and get active!



William W. Dexter, MD, FACSM

President, American College of Sports Medicine
2013-14



PORTIONS OF THE PROCEEDS FROM THE SALE OF THIS BOOK ARE
DONATED TO ORGANIZATIONS THAT HELP FIGHT CHILDHOOD OBESITY

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