HEALTHY SIXTH ISSUE !!

ARE YOU FIT FOR LIFE?

NHS
North East
Hi, I’m Splash, the faithful friend of - and personally I think the real brains behind - the H2O Gang! They were a bunch of ordinary kids who were accidentally blown up by the wicked Dr Dry and his henchman, Drip, in his laboratory and now, when they drink tap water, they get these amazing superpowers.

. . . Karl’s the cool leader - his superpower is Strength.

. . . Kelly becomes a super-athlete.

. . . Jermaine’s super power is speed.

. . . and little Bethany becomes super-brainy and loves to experiment.

They all fight the evil Dr Dry and his henchman Drip who plot to rule the world by stealing or wasting all our precious water.

Hi we’re from Change4Life and we’re here to make sure you’re eating and drinking well, moving more and living longer!
I'm a genius! I've found an answer to that pesky H20 gang! This super-sugary fizzy drink, all this fattening fast food and...

...this mega addictive games console I've invented will keep them so inactive and unfit. They'll never be able to stop me taking over the world!!

Drip! Drip! Where the devil are you?

...be with you in a couple of months.

I'm drinking a sugary fizzy drink. Eating some fattening fast food and playing this mega addictive games console... wicked!

Fatty foods and sugary drinks can lead to too much fat in your body. So watch out for these in your food...
Hey, Jermaine. What's going on?

Dunno - this big lorry turned up and dumped this lot here. The driver said we'd won some competition with 'Drift-Dry Washing Powder'...

In Jermaine's living room

...I guess Mum must have entered it. Still, I'm not complaining. There's even a new games console!

Looks good! Let's have a go.

Ok - cheers!

Uh, oh... something doesn't seem right here...

Several days later

Hey, Kelly. Have you seen Jermaine and Bethany?

No, I haven't seen them for ages. Let's try Jermaine's house...

Cut back on fat and sugar. Sometimes they can lurk in food you wouldn't expect...
AT JERMAINE’S HOUSE

WHAT’S GOING ON HERE? DRY COLA?

HUMUNGER BURGER AND TRIPLE-DRIED FRIES?

DRIP-DRY GAMES CONSOLE? ONLY ONE MAN COULD BE THIS EVIL . . . DR DRY!

COME ON YOU TWO! YOU NEED SOME FRESH AIR AND EXERCISE!

I FEEL A BIT TIRED—MAYBE TOMORROW?

NOW!!

YEAH! ONLY ONE MORE OCEAN TO DESTROY AND I'M ON LEVEL 612!

WOOF!

MAKE SURE YOU GET YOUR 60 MINUTES OF EXERCISE EVERYDAY!

www.nhs.uk/change4life
BEING ACTIVE IS REALLY GOOD FOR YOU! IT MAKES YOUR HEART BEAT FASTER...

. . . AND BECAUSE IT'S A MUSCLE, YOUR HEART GETS STRONGER, MAKING YOU . . . FIT FOR LIFE!!

WHO SAID THAT . . .?
This is better than staying indoors playing computer games! I’m having a ball!

Yeah! I feel so full of energy – I could dance all night!

Don’t forget to drink plenty of tap water too! To keep you hydrated!

Hmm… E=MC². That feels better!

Hey, me too!

And don’t forget to eat healthily too. To give your body fuel, proteins, carbohydrates and even some sugars and fats…

But not too much of those!

Did you hear something just then…?
...NOW WE'RE REALLY
FIT FOR LIFE!!

CURSES!
FOILED AGAIN...
BUT WE'LL BE
BACK!

TO BE LIKE THE H2O
GANG MAKE SURE YOU
GET PLENTY OF EXERCISE,
EAT AND DRINK WELL,
AND YOU TOO CAN BE
FIT FOR LIFE!

HUMUNGER
BURGER, MASTER?

SIGN UP TO
CHANGE4LIFE LIKE
THE H2O GANG!

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