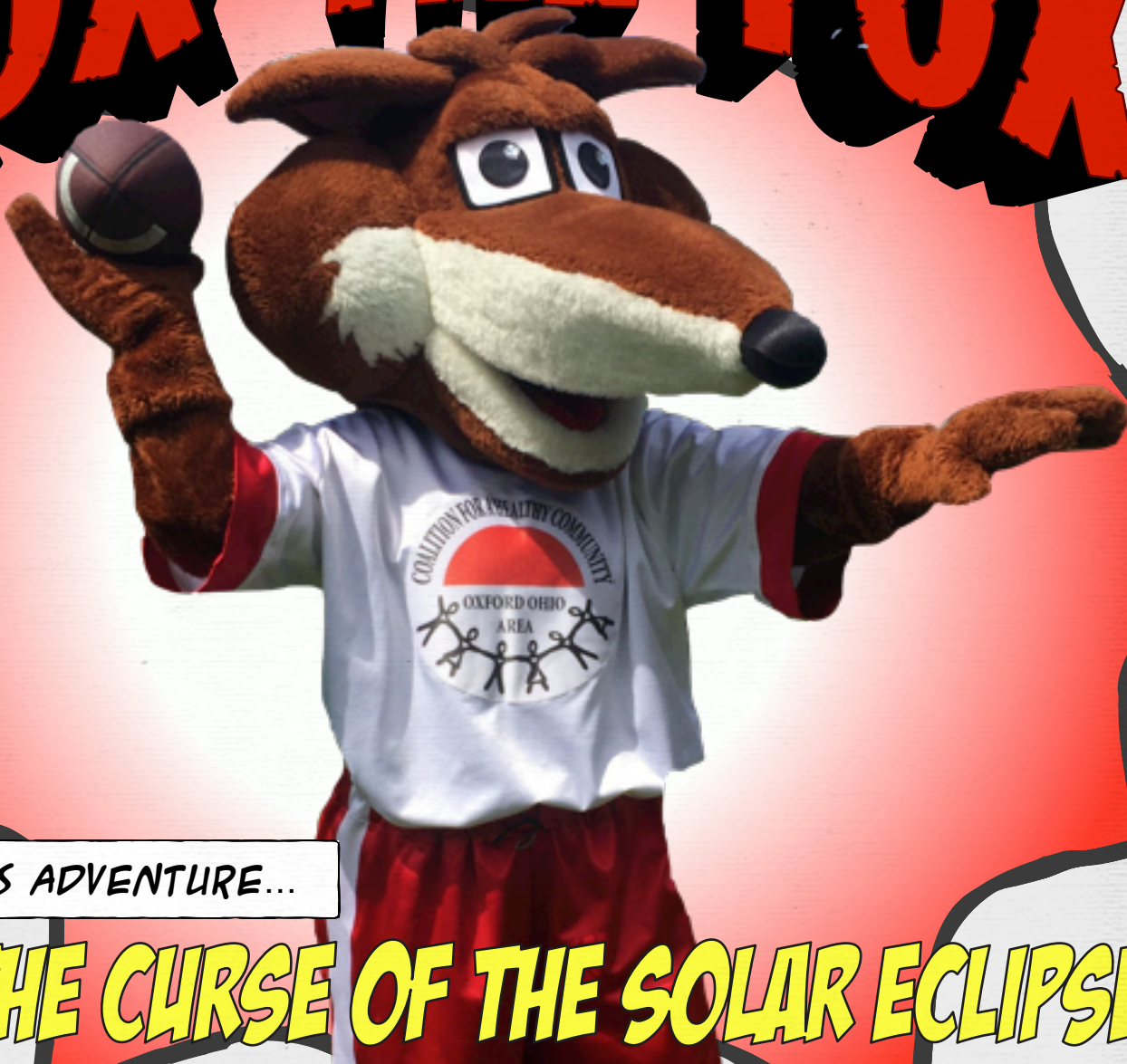


THE ADVENTURES OF

ROX THE FOX



THIS WEEK'S ADVENTURE...

THE CURSE OF THE SOLAR ECLIPSE



CURSE!? HOW CAN A SOLAR ECLIPSE BE A CURSE? READ TO FIND OUT!

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Every morning, I go out and face the 24 hours that make up our day. It's nice to know that Rox the Fox is out there, somewhere, looking out for us.



No one knows where Rox came from, or how powerful he really is...



But one day he saved us from a swarm of bees by hypnotizing them to move to Oklahoma!

I always thought it had something to do with his shirt.

It's a size "F" for Fox!



But then he told us about the 5-4-3-2-1 steps to a healthier you:

5



EAT 5 SERVINGS OF FRUITS AND VEGGIES EVERYDAY!

4



DRINK 4 CUPS OF WATER EACH DAY!

3



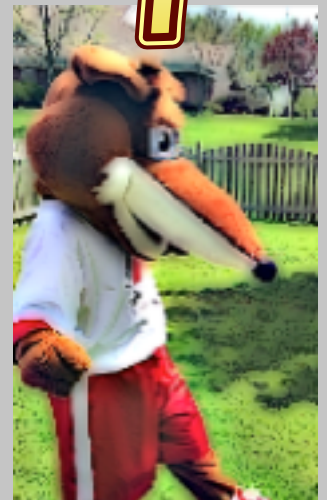
GET AT LEAST 3 GOOD LAUGHS A DAY!

2



HAVE NO MORE THAN 2 HOURS OF SCREEN TIME A DAY!

1



BE PHYSICALLY ACTIVE FOR AT LEAST 1 HOUR A DAY!



To us, the world is a little bit safer with Rox the Fox on duty...



...and with the 5-4-3-2-1 steps to a healthier you, I wonder what he'll do next...

THERE HASN'T BEEN A SOLAR ECLIPSE IN THE U.S. SINCE 1979. THEY DON'T HAPPEN OFTEN, BUT WHEN THEY DO, CRAZY AND BIZARRE THINGS HAVE BEEN KNOWN TO HAPPEN...



LIKE IN THE LAST SOLAR ECLIPSE, ALMOST EVERYONE FORGOT HOW TO TIE THEIR SHOES!



KIDS WERE TRIPPING OVER THEIR SHOELACES SO MUCH, THAT PARENTS STARTED BUYING VELCRO SHOES TO REPLACE THEM!

WELL, A FEW MONTHS AGO WE HAD ANOTHER ECLIPSE, AND THIS TIME SOMETHING REALLY BAD HAPPENED. EVEN THOUGH THE SUN WAS ONLY BLOCKED FOR 2 MINUTES AND 17 SECONDS, EVERYONE FORGOT HOW TO BE PHYSICALLY ACTIVE!



Mr. Shelly!
Everyone forgot how to be physically active!
Can you help?

Nobody has time for that kid!
I need to get back to my phone!



Rox! I'm so glad you are here!
Everyone forgot how to be active!
This is worse than when people were wearing Velcro everywhere!

Uh oh, that is bad.
Everyone needs at least 1 hour of physical activity a day!
At this rate they will get 0 hours per day! YIKES!!!

OH NO!
MR. SHELLY CAN'T EVEN HELP AND HE IS A GROWN UP BOY.
WAIT!!! I ALWAYS KNOW WHO I CAN CALL!
ROX THE FOX!



LATER THAT DAY WHEN ROX AND I GOT TO THE PARK, THINGS WERE LOOKING BAD. LIKE 'EVERYONE LOOKED LIKE THEY WERE TURNED INTO A STATUE' BAD!

WE ASKED SOMEONE WHAT HAPPENED, BUT IT TURNED OUT TO BE AN ACTUAL STATUE!



THEN WE FOUND SOME REAL LIFE KIDS. BUT I DON'T THINK WE GOT THROUGH TO THEM AT FIRST...



IT SEEMED SO HOPELESS. NO ONE COULD REMEMBER PHYSICAL ACTIVITY. I WAS SO BUMMED OUT THAT ROX DECIDED TO HAVE A DANCE PARTY TO PUT US IN A GOOD MOOD.



I STARTED THE PARTY OUT BY BUSTING OUT MY FAMOUS ROBO-SHAKE!



I CREATED THIS DANCE LAST YEAR WHEN I SPILLED WATER ON MY ROBOT AND HE STARTED FLIPPING OUT ON ME!

THEN ROX DID HIS PATENTED FOX TROT FOLLOWED BY A BACK FLIP! IT WAS CRAZY! NO ONE HAS EVER ATTEMPTED THOSE 2 MOVES TOGETHER!



I REALLY LOVED DANCING WITH ROX, BUT I ALSO MISSED MY FRIENDS.

THEY WERE OBSESSED WITH THEIR PHONES LIKE MRS. MARY IS OBSESSED WITH HER 15 CATS.

BUT WHILE WE WERE DANCING, SOMETHING STRANGE STARTED TO HAPPEN. THE EFFECTS OF THE ECLIPSE WERE SLOWLY STARTING TO FADE.



Go! Go! Go!

What are you doing and why are you laughing so much?

We're having a dance party! Want to join us?

Dance party? Wait is that a new game for your phone???

It's not on your phone! You move your body to the music and get PUNKY!



STEVIE FISHER FROM DOWN THE STREET THEN DID THE KRUMPIN CUCUMBER MOVE HIS KARATE TEACHER TAUGHT HIM.



You should see my grandma do this move! She rocks!!!!



AND SALLY BEETS WHIPPED OUT HER CACTUS TWIST WHICH HAS BEEN PASSED DOWN IN HER FAMILY FOR 3 GENERATIONS!

Rox, this is great! What else can we do to be physically active?

You can ride your bike, play soccer, walk your dog, and anything that gets your body moving!



Ok, well dancing helped cure us from the spell of the solar eclipse, but why else should I be active? What's the point?????



Excellent question!

Being physically active for 1 hour every day gives us so many benefits I can barely list them!

It increases your chance of living longer!

It keeps you at a healthy weight!

It helps your heart beat stronger!

It helps your bones stay healthy!

It helps you sleep better!

It helps you stay focused and not get grumpy!

ROX WAS A GENIUS! IT WAS LIKE HE HELPED US DISCOVER A NEW SUPERPOWER THAT WAS ALREADY INSIDE OF US!

But Rox, what's your favorite way to be active???



To get my 1 hour of physical activity a day, I do a lot of things!

Sometimes I do it by myself. I might jog, shoot hoops, or walk my dog.

But it's even more fun when I am with my friends playing kickball or going swimming!

Sometimes it's different everyday of the week!

That sounds so fun! Let's all go play on the playground!

Oh yeah!!!

I'm never forgetting how to be physically active again!



SO REMEMBER...

GET AT LEAST 1 HOUR OF PHYSICAL ACTIVITY A DAY! YOU'LL FEEL HEALTHIER, AND HAVE FUN DOING IT!

That's it for this week's adventure.

Next time you see me, don't be afraid to tell me and show me your favorite dance move!

Now I'm off to go climb MT. Everest for my physical activity!



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ROX WOULD LIKE TO THANK ALL OF THE SPONSORS THAT HELPED MAKES THIS PROJECT POSSIBLE



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