

# THE ADVENTURES OF

# ROX THE FOX



THIS WEEK'S ADVENTURE...

## PRANKSTERS AND JOKESTERS



DO YOU KNOW WHAT  
WATER SALAD IS?  
READ TO FIND OUT!

Created By:  
Dr. Paul Branscum  
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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



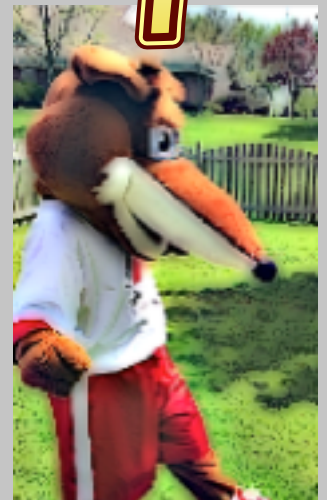
GET AT LEAST 3 GOOD LAUGHS A DAY!

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...

APRIL FOOLS ONLY COMES ONCE A YEAR. IT IS THE ONE DAY WHERE YOU CAN PLAY HARMLESS PRANKS ON YOUR FRIENDS AND FAMILY.

WELL THIS YEAR, I WANTED TO PLAY A GOOD PRANK... I MEAN A REALLY GOOD PRANK. ONE THAT WOULD MAKE EVERYONE LAUGH SO HARD THEY COULDN'T SPEAK.



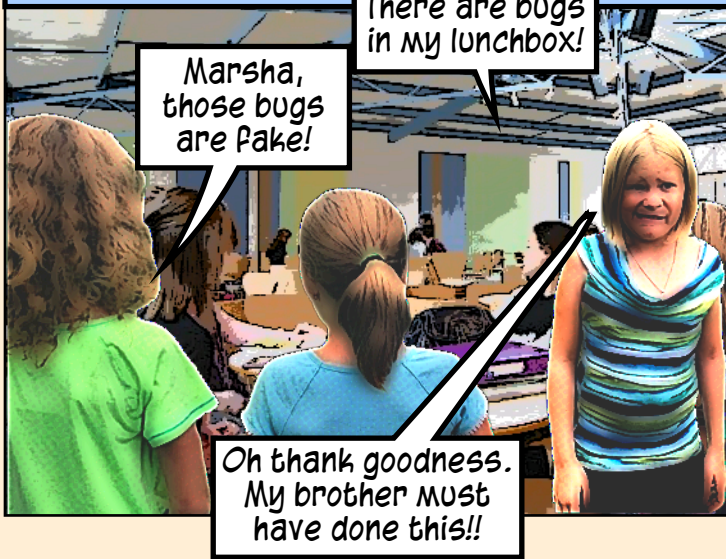
YOU SEE, LAST YEAR SOMEONE PUT A TOY SNAKE IN THE BATHROOM!



SO AFTER WE ALL GOT TO OUR SEATS AT LUNCH, I WAS PREPARING TO DELIVER MY HILARIOUS PRANK. BUT SUDDENLY, MARSHA SCREAMED AND THREW HER LUNCH IN THE AIR!



WE ALL RAN AROUND HER TO SEE WHAT HAPPENED.



NOW, I'LL ADMIT THAT WAS A FUNNY PRANK, BUT I KNEW MINE WAS FUNNIER! EVERYONE AROUND SAW ME PUT CUCUMBERS IN MY WATER, EXCEPT SARAH.



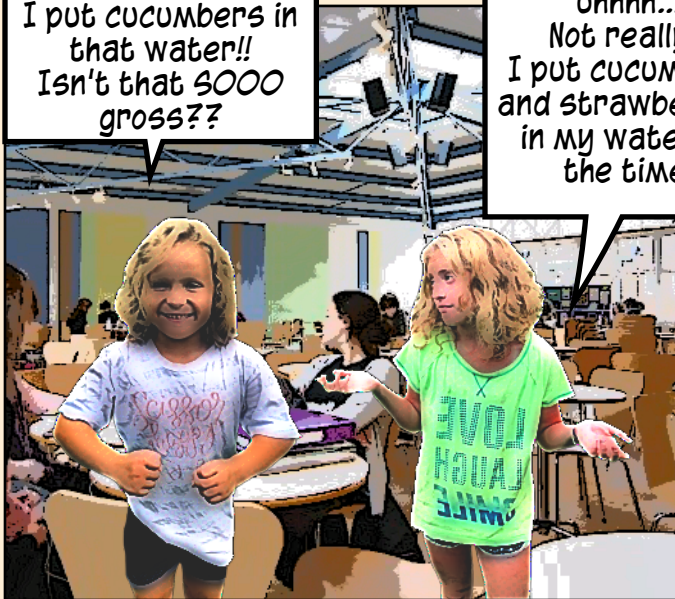
**YUMMY!**  
This taste's really good!



**EVERYONE WAS SO CONFUSED. WE EXPECTED HER TO SPIT IT BACK OUT!**

**APRIL FOOLS SARAH!!**  
I put cucumbers in that water!! Isn't that SOOO gross??

Uhhhh...  
Not really?  
I put cucumbers and strawberries in my water all the time!



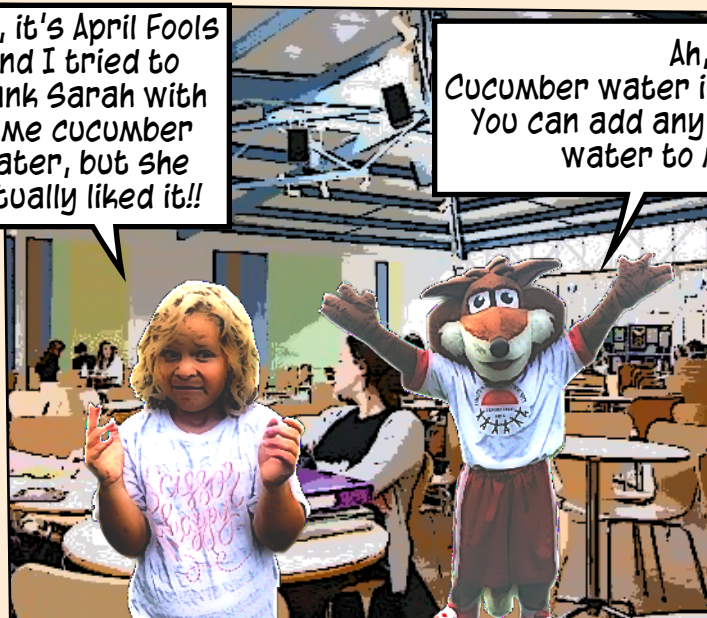
**AND THEN ALL OF A SUDDEN, ROX APPEARED OUT OF NOWHERE AT OUR LUNCH TABLE!**

Hey everyone!  
What are you up to?



Well, it's April Fools and I tried to prank Sarah with some cucumber water, but she actually liked it!!

Ah, man,,,  
Cucumber water is one of my favorites!  
You can add any fruits or veggies to water to make it tasty!



EVERYONE LOOKED AT ROX VERY CONFUSED. FRUIT AND VEGGIES IN YOUR WATER?? THAT WAS UNHEARD OF!



So basically, it's a water salad?

But you should try! Drinking 4 cups of water throughout the day does a lot of good things for your body!

Not exactly, but the fruits and veggies add flavor AND nutrients to your water!

It makes it easier to drink 4 cups of water a day!

4 cups of water a day?! I don't drink that much!



Water gives you energy!

It keeps your skin healthy and smooth!

It keeps you healthy!

It boosts your brain power!

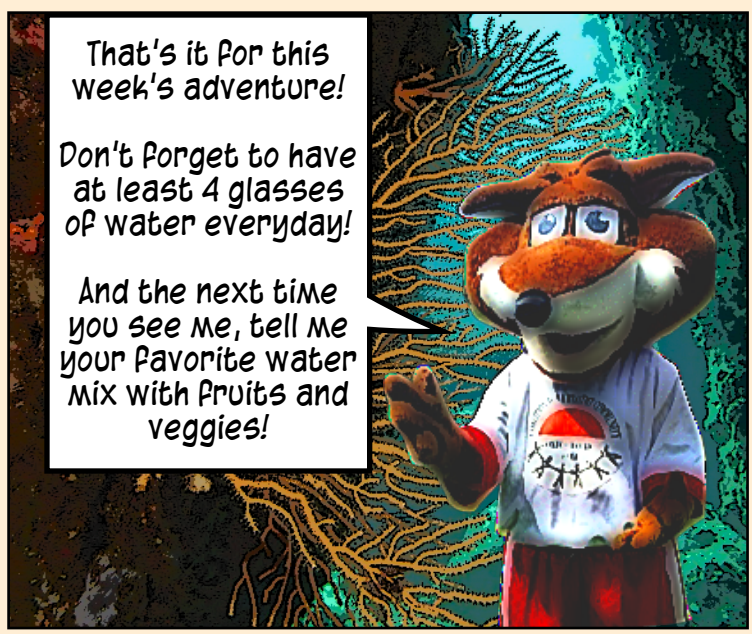
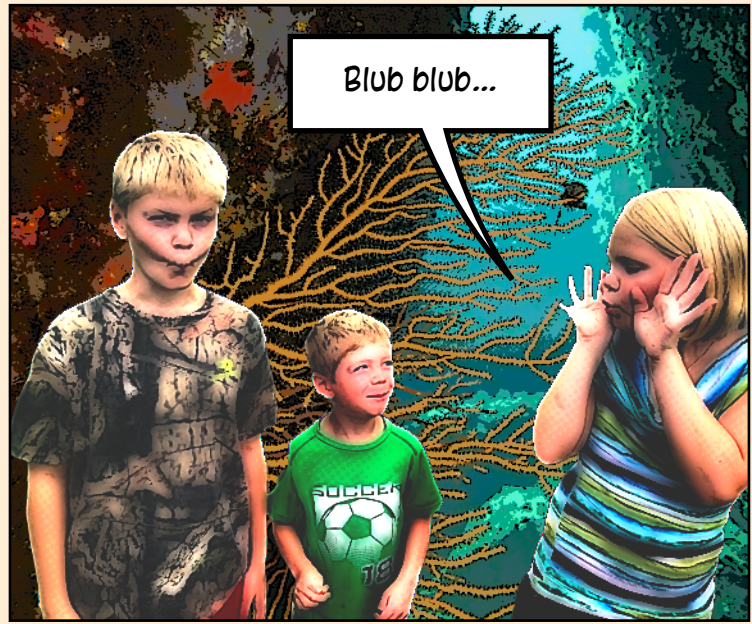
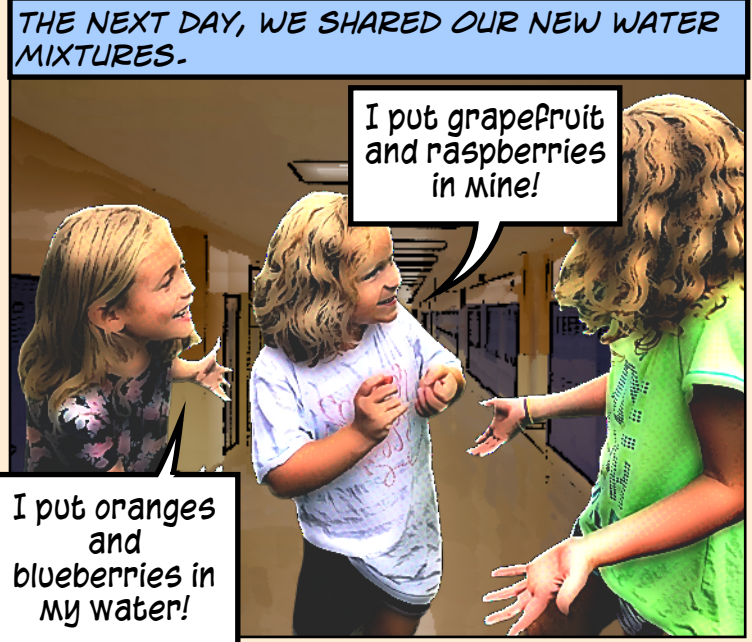
And it helps prevent headaches!



WOW!.. SO, what do you like to put in your water Rox?

I usually change it up a lot, but I really like adding oranges and lemons!





# COLLECT THEM ALL!



THERE ARE 5 COMICS IN THIS SERIES!  
CAN YOU COLLECT THEM ALL?

### THE ADVENTURES OF ROX THE FOX

THIS WEEK'S ADVENTURE...  
**THE AMAZING POWERS OF SUPERFOODS**

DO YOU WANT TO BE AS STRONG AS YOUR FAVORITE SUPERHERO? READ TO FIND OUT HOW TO BE JUST LIKE THEM!

Created By:  
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### THE ADVENTURES OF ROX THE FOX

THIS WEEK'S ADVENTURE...  
**THE ATTACK OF THE SCREEN ZOMBIES**

READ TO FIND OUT HOW WE CURSE THE SCREEN-ZOMBIES!

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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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### THE ADVENTURES OF ROX THE FOX

THIS WEEK'S ADVENTURE...  
**FROZEN IN TIME: THE GAME OF TAG**

HOW DO YOU UNFREEZE A POPSICLE? YOU HAVE TO BREAK THE ICE!

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# COMMUNITY PARTNERS



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



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