

Jason's Weight Loss Journey

Jason was a fat boy. He was as fat as a pig. He was fond of all sorts of food. Today was a hot day. He turned on the air-conditioner and watched TV for five hours. When he was watching TV, he ate a lot of snacks. For example, chocolates, chips and candies. He also drank a lot of soft drinks.

Three days later, Jason had a sore throat. He had a fever too. Thus, his mother immediately gave him an ice pack to put on his forehead and some water to drink. Mum said, "Let me take you to the clinic to see the doctor."

At the clinic, the doctor advised Jason to lose weight and have a healthy diet. He also recommended Jason to maintain a healthy lifestyle, that is to exercise regularly. The doctor warned Jason that if he did not make a change, he would have a heart disease and he could end up staying in the hospital.

Jason promised the doctor that he would turn over a new leaf. Since then, Jason did exercise for an hour every day. He kept following the food pyramid when choosing his food. A year later, he successfully lost 50 kg. He became a whole new person. Everyone was happy for his success.