

# Marcos

*gets into trouble*



FUNDACIÓN **MAPFRE**

 **VIVIR  
EN  
SALUD**

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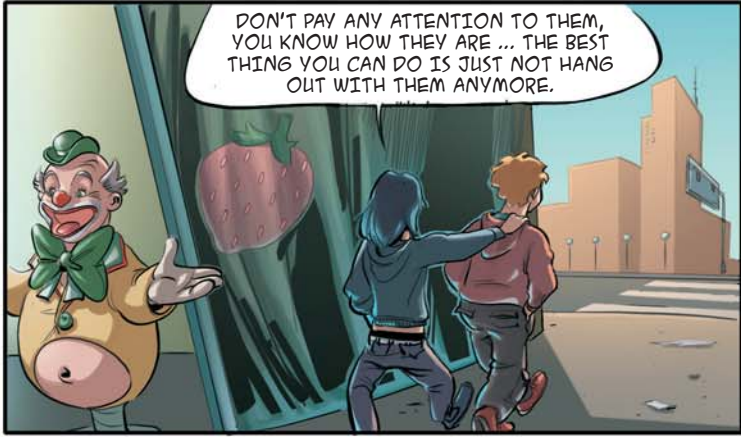


THIS GAME IS TOO MUCH FOR YOU, MARQUITOS!  
IF YOU DANCE, YOU'LL BLOW A FUSE!



NOW YOU'RE REALLY MAKING ME LAUGH!  
I BET THAT I WOULD BE BETTER THAN  
ALL OF YOU!

I WOULDN'T WORRY  
ABOUT IT, JUST LEAVE IT...  
I THINK THE LIMIT IS AT  
120 KILOS IF YOU  
WANT TO TAKE PART!

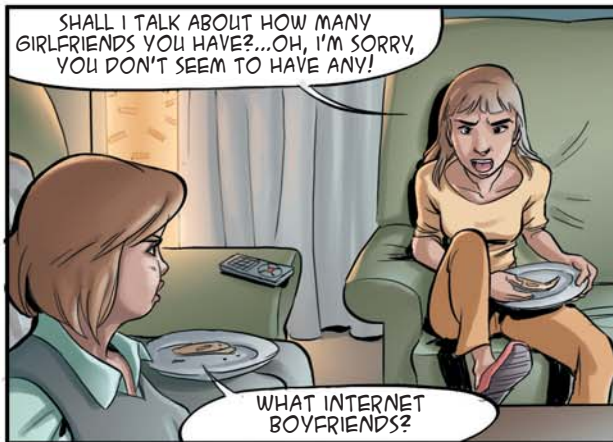
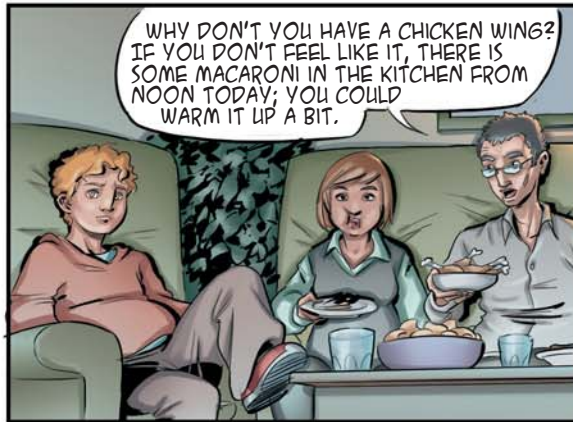


DON'T PAY ANY ATTENTION TO THEM,  
YOU KNOW HOW THEY ARE ... THE BEST  
THING YOU CAN DO IS JUST NOT HANG  
OUT WITH THEM ANYMORE.

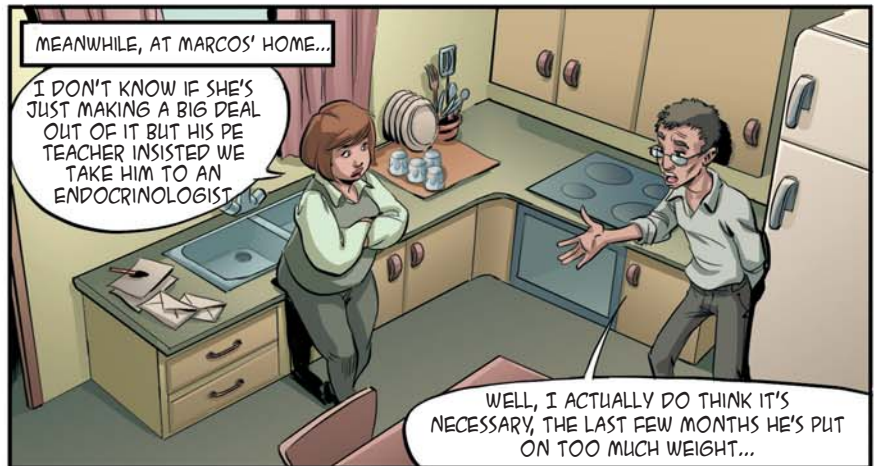


BUT WITH WHO AM I GOING TO  
HANG OUT WITH THEN?

I DON'T KNOW, DAVID, SEEMS LIKE  
A GOOD CHAP. OR THOSE SECONDARY  
SCHOOL STUDENTS WHOSE NAMES  
I NOW DON'T REMEMBER...









I GUESS IT'S HIM AS IT'S ALREADY SIX O' CLOCK.



HI, I LEFT MY KEYS...

HELLO, YES I THOUGHT SO... COME IN.



COME TO THE KITCHEN FOR A MOMENT. YOUR FATHER AND I WOULD LIKE TO TALK TO YOU.



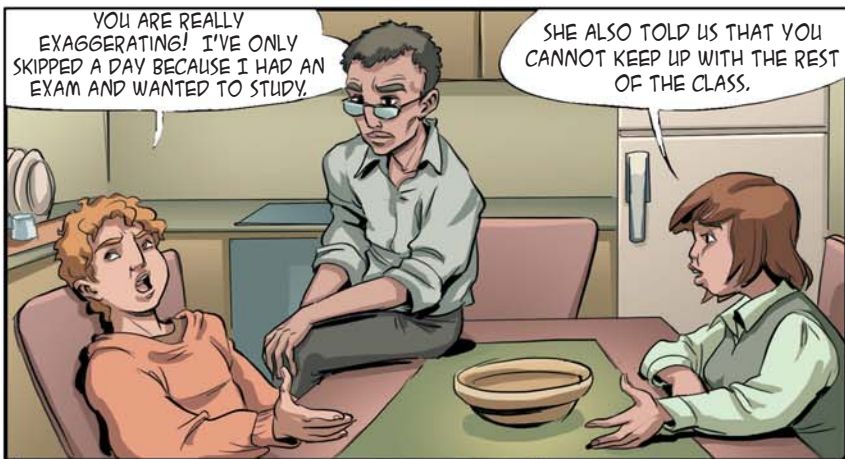
COMING.



THE SCHOOL'S TOLD US THAT YOU'RE NOT GOING TO PE CLASSES AND YOUR TEACHER IS VERY WORRIED ABOUT YOU.



SHE SAYS YOU DON'T WANT TO SEE HER BECAUSE YOU'RE TRYING TO AVOID SIGNING UP TO THE MAY SPORT DAYS.



YOU ARE REALLY EXAGGERATING! I'VE ONLY SKIPPED A DAY BECAUSE I HAD AN EXAM AND WANTED TO STUDY.

SHE ALSO TOLD US THAT YOU CANNOT KEEP UP WITH THE REST OF THE CLASS.



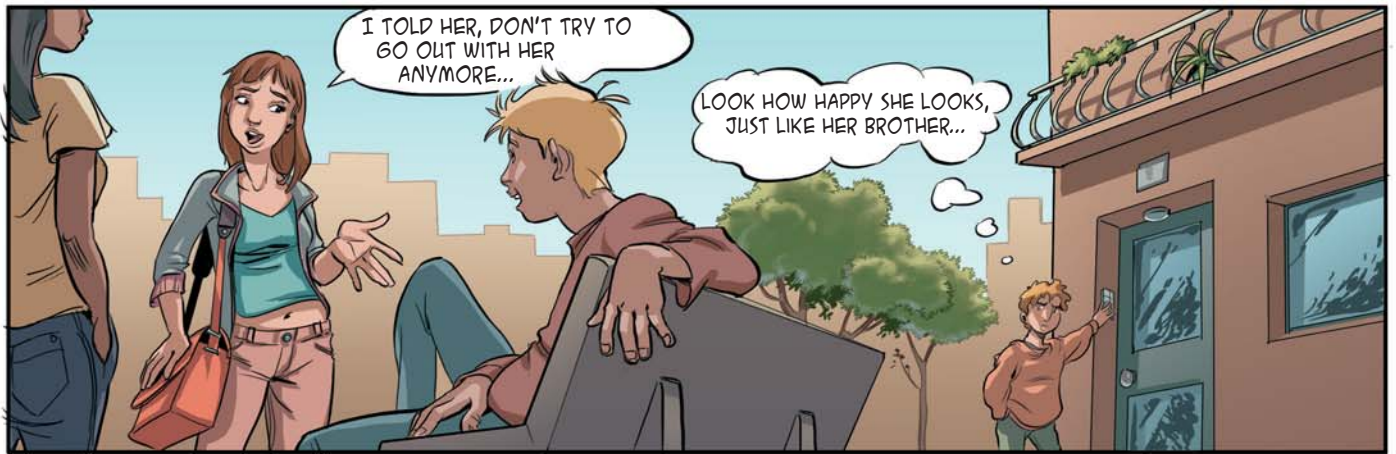
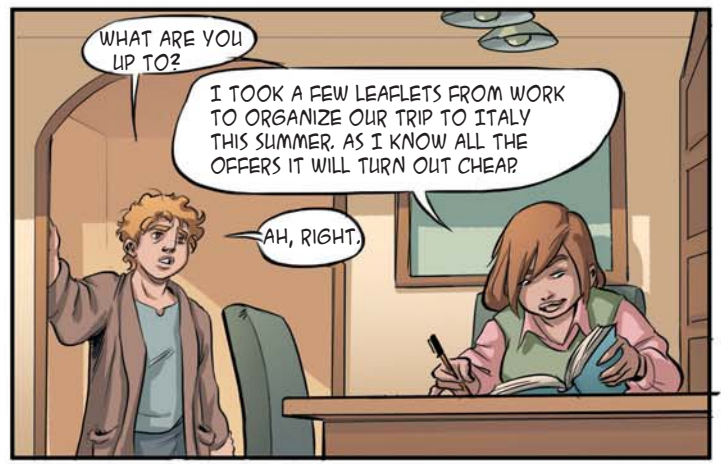
NEXT WEEK WE'LL BE GOING TO A SPECIALIST WHO WILL HELP YOU TO CONTROL YOUR WEIGHT AND IMPROVE YOUR PHYSICAL ACTIVITY.



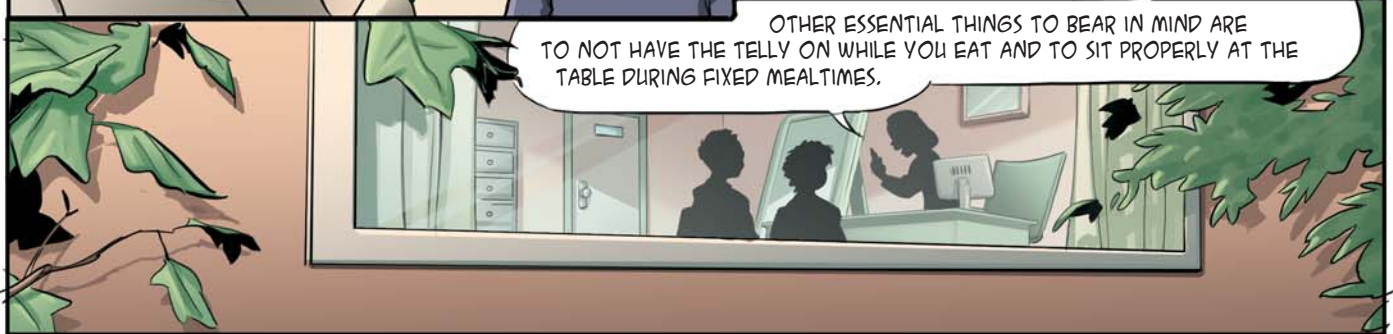
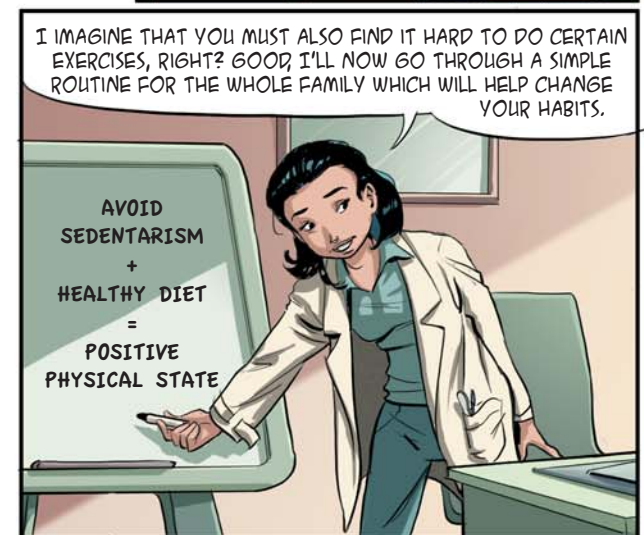
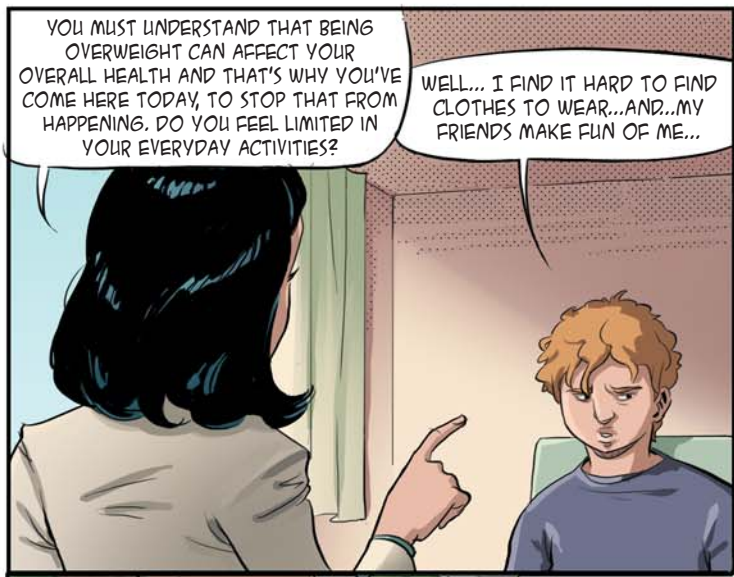
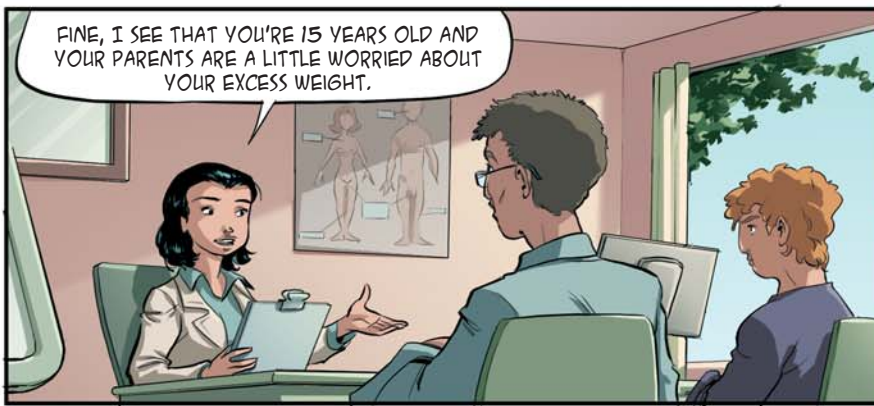
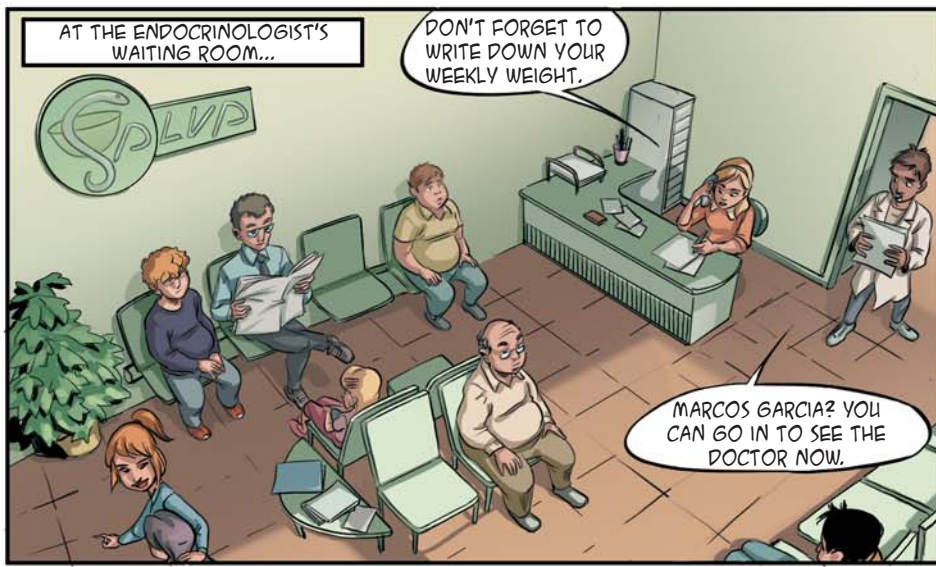
OK...BUT BEFORE I GO ON A DIET LET ME GO WITH PABLO TONIGHT TO THE BURGER PLACE, HE HAS TO EXPLAIN A FEW THINGS TO ME...



FINE, OK.

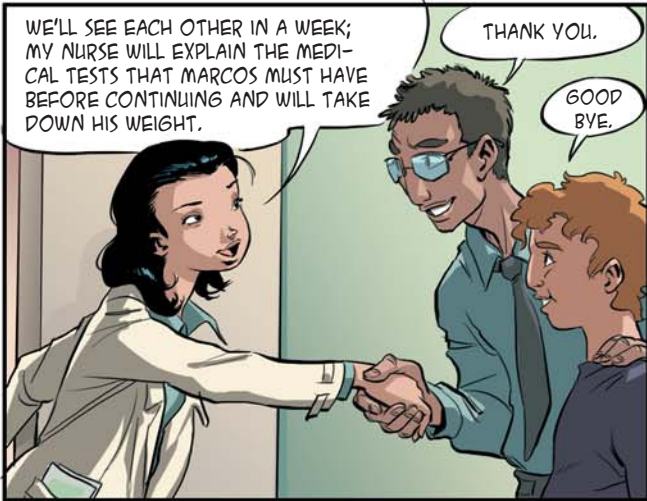








I'LL GIVE YOU THESE LEAFLETS SO YOU CAN HAVE A LOOK AT THEM BEFORE YOU COME BACK ON YOUR NEXT VISIT. IN THEM, YOU'LL FIND ACTIVITIES THAT YOU CAN ALL DO AS A FAMILY AND A BASIC GUIDE ON HEALTHY EATING HABITS.



WE'LL SEE EACH OTHER IN A WEEK; MY NURSE WILL EXPLAIN THE MEDICAL TESTS THAT MARCOS MUST HAVE BEFORE CONTINUING AND WILL TAKE DOWN HIS WEIGHT.

THANK YOU.

GOOD BYE.



BACK AT HOME...

HELLO, WE'RE BRINGING GROCERIES.

BUT...WE HAD PLENTY OF EVERYTHING!



BUT IF WE DON'T MAKE A CHANGE, WE COULD HAVE DIABETES AND HEALTH PROBLEMS, ACCORDING TO THIS GUIDE.

THAT'S ONLY FOR CERTAIN AGE GROUPS...



SOMETIMES YOU'RE VERY STUBBORN. THAT TYPE OF DIET IS GOOD FOR EVERYONE.

AND WHAT DO WE DO WITH THE FOOD?

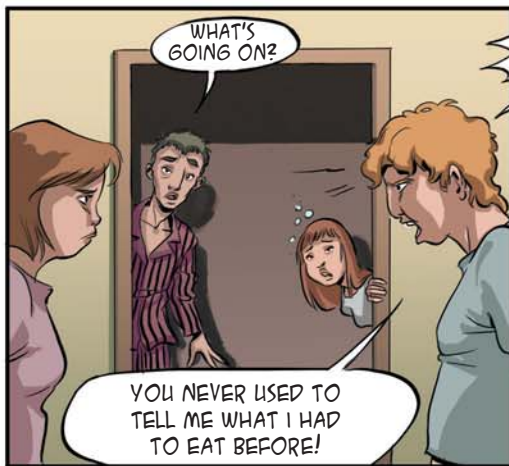


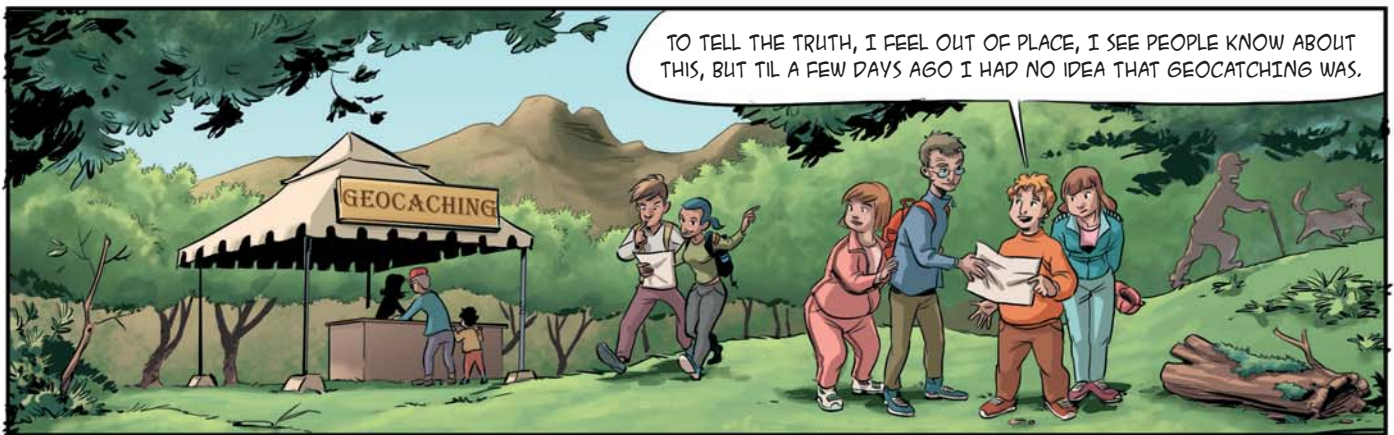
VERY WELL, DON'T INSIST ANYMORE. I'LL LET IT REST TO LET THE FAT GO OFF



IN THIS MONTH'S MAGAZINE THEY SAID THIS TYPE OF FOOD IS VERY RICH IN NUTRIENTS, WHICH IS WHAT FAMOUS PEOPLE EAT.

WELL, THAT'S NOT BAD





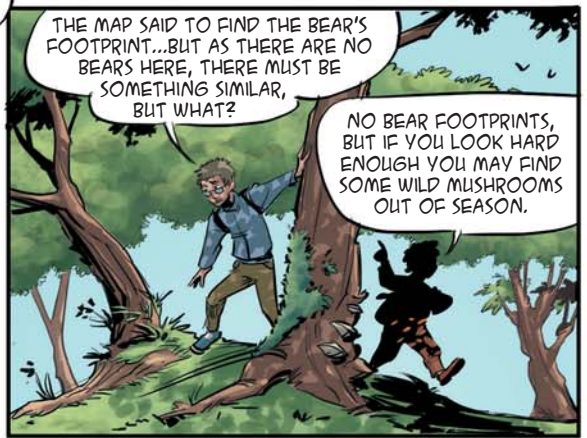
TO TELL THE TRUTH, I FEEL OUT OF PLACE, I SEE PEOPLE KNOW ABOUT THIS, BUT TIL A FEW DAYS AGO I HAD NO IDEA THAT GEOCACHING WAS.



EVA TOLD US THAT IT WAS ONE OF THE MOST FUN ACTIVITIES IN THE GUIDE. IF IT'S SUCCESSFUL I'LL MENTION THIS AT THE AGENCY SO THEY INCLUDE IT IN THE TOURIST OFFERS.



COME ON! THEY TOLD US THAT THIS IS THE EASIEST TREASURE TO FIND LET ME SEE THE MAP DAD.



THE MAP SAID TO FIND THE BEAR'S FOOTPRINT...BUT AS THERE ARE NO BEARS HERE, THERE MUST BE SOMETHING SIMILAR, BUT WHAT?

NO BEAR FOOTPRINTS, BUT IF YOU LOOK HARD ENOUGH YOU MAY FIND SOME WILD MUSHROOMS OUT OF SEASON.

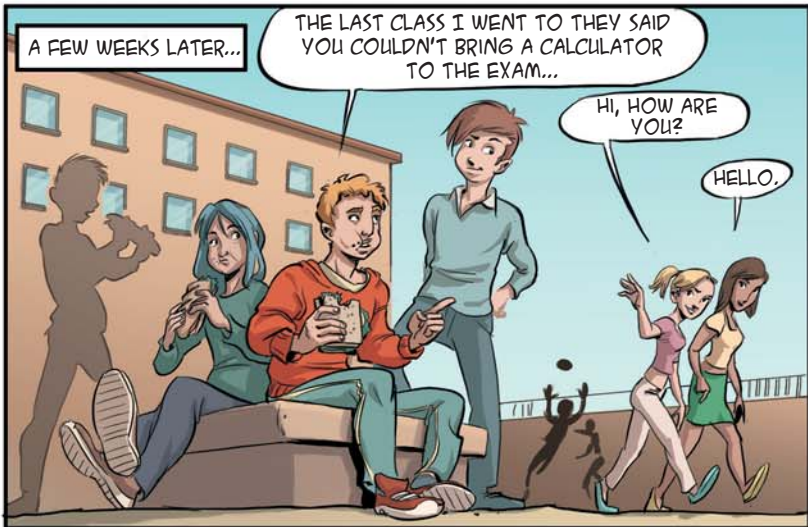


HAHAHA! MARCOS, DO YOU HAVE YOUR CAMERA? WE HAVE TO TAKE A PICTURE OF HIM.



WE BETTER GO BACK HOME, I'M SORE EVERYWHERE. ALTHOUGH I'VE HAD A GREAT TIME.

YES, BUT NEXT TIME WE WILL START DOING THE FIRST ACTIVITY WITH THE MONITOR.

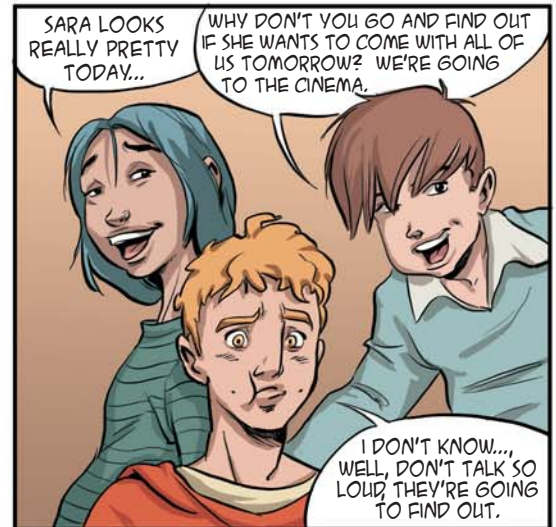


A FEW WEEKS LATER...

THE LAST CLASS I WENT TO THEY SAID YOU COULDN'T BRING A CALCULATOR TO THE EXAM...

HI, HOW ARE YOU?

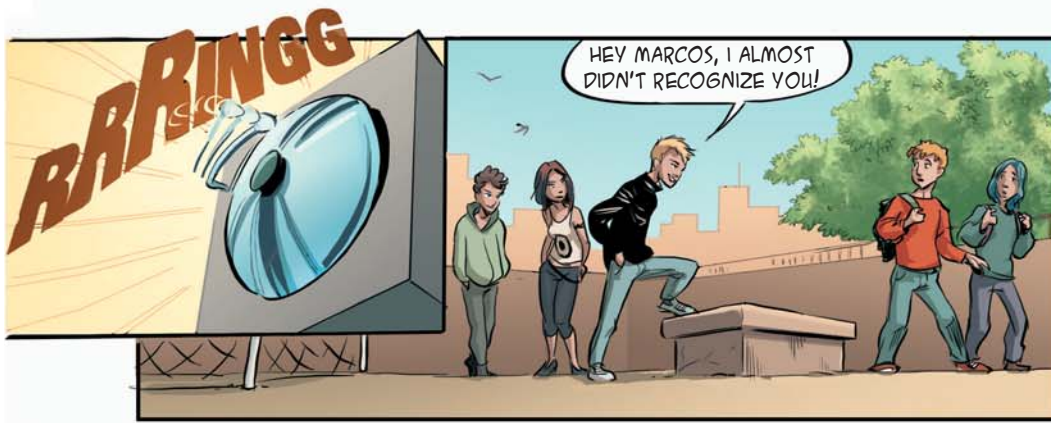
HELLO.



SARA LOOKS REALLY PRETTY TODAY...

WHY DON'T YOU GO AND FIND OUT IF SHE WANTS TO COME WITH ALL OF US TOMORROW? WE'RE GOING TO THE CINEMA.

I DON'T KNOW... WELL, DON'T TALK SO LOUD, THEY'RE GOING TO FIND OUT.



HEY MARCOS, I ALMOST DIDN'T RECOGNIZE YOU!



LEAVE ME ALONE!  
NO, I ONLY WANTED TO SAY THAT THE MP3 DOESN'T WORK WELL AT ALL, WHERE DID YOU BUY IT?



YOU'RE JUST THE WORST THING EVER! LET ME GET CLOSER!



DON'T TAKE IT THE WRONG WAY, I WANTED TO PROPOSE SOMETHING. AS IT DOESN'T WORK VERY WELL, I CHALLENGE YOU TO A RACE AND IF YOU BEAT ME, I'LL GIVE IT BACK TO YOU. DEAL?



READY, GO!



WELL DONE, MATE!

YOU'RE AMAZING!



HERE YOU GO, FATTY.

NOT BAD AT ALL FOR A FATTY, HUH?

THAT SUMMER, MARCOS AND HIS FAMILY WENT ON A TRIP TO ITALY.



**END**

"If we could be twice young and twice old we could correct all our mistakes"

[EURIPIDES]

"When we are young, we do whatever is necessary to be liked. When we are old, to not bother"

[PEDRO M. LAMET]

"He only earns his freedom and his life who takes them every day by storm"

[GOETHE]

Almost everything that is great has been done by youth

[BENJAMIN DISRAELI]

"Youth is a perpetual intoxication; it is a fever of the mind"

[LA ROCHEFOUCAULD]

"The path to youth takes a whole life"

[PABLO R. PICASSO]

"The young man's desires show the future virtues of man"

[CICERON]

"Youth always thrives on dreams"

[DESCARTES]

"If youth be a defect, it is one that we outgrow only too soon"

[J.B LOWELL]

"Time heals what reason cannot"

[SÉNECA]



The comic, Marcos gets into trouble, is part of the project VIVIR EN SALUD, coordinated by FUNDACIÓN MAPFRE in collaboration with other educational entities as: Fundación Santa Maria (SM) as well as others such as Fundadeps, Kidekom and AMEP (Personal Trainers Madrilenian Association).

The project VIVIR EN SALUD has emerged as an inducement to the reasoning about our own health. This project endeavours to promote actions that have a direct impact on lifestyles and in the healthy development of our social, family and work environment, thereby improving our quality of life.

If you wish to receive more information, contribute to its distribution, send us your suggestions or find more information about activities; you may contact in:

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