



The Lazy Chihuahua

Once upon a time, there were two Chihuahuas. Their names were Jake and Bambina. The two of them had lived together since they were little puppies, and they did everything together. They went on walks together, they slept next to each other, and they ate their dinner together every night.

Every morning, Jake would eat his breakfast, drink a lot of water, and then go out in the back yard to play. He would run through the grass and chase dragonflies until he was very tired, and then he would go back in the house and drink some more water.

Bambina loved to eat breakfast too, but she did not like to run around in the sun after she was finished. Bambina would eat her breakfast, and then she would go eat any food that was left in Jake's bowl. After that, she would go over to the table and beg the people for table scraps. Sometimes they would give her little pieces of bacon and eggs. By this time, Bambina was usually getting sleepy, so she would go take a nap on the couch.

This was their routine, so the two Chihuahuas lived like this for many years, with Jake running and playing, and Bambina eating and laying around. One day, the two were getting ready to eat their breakfast when Bambina noticed that she was getting bigger. Bambina and Jake used to be the same size, but now he was smaller and leaner than her. Bambina also noticed that her collar felt a little tighter than usual.

"Why am I getting bigger and fatter while you look so lean and healthy?" Bambina asked Jake sadly.

"HMMMMM" Jake thought for a moment "Well, every day when I go out to play, you stay and eat more food. When I am drinking water, you are begging the people for table scraps. Then, when I am running around in the sun, you are laying on the couch like a lazy Chihuahua. It's no surprise that you are getting fat."

"I don't want to be a lazy Chihuahua" Bambina told him "Jake, will you show me how to be healthy?"

"Of course, it's easy!" Jake replied "Step one: drink plenty of water!"

The two Chihuahuas went over to their bowl and drank the cool water until they were full.

“Now you’ll feel fuller so you won’t over eat” Jake explained “Step two: get lots of exercise, now follow me!”

The two Chihuahuas ran out into the yard and began to play with each other. Bambina was a little slower, and she ran out of breath easily, but she was having fun. They played in the sun for a long while until they were both very tired.

“Now that we’ve gotten our exercise, let’s go drink some more water” Jake suggested to Bambina.

The two Chihuahuas went back over to the water bowl, panting together, and drank their fill again.

“Now it’s time for step three,” Jake said when they were done, “get plenty of rest and then we’ll do it all again tomorrow.”

Bambina was so tired from playing, but it felt good to make healthy choices.

“I never knew that making healthy choices was so simple!” Bambina said “from now on, I’m going to eat less, drink plenty of water, and exercise every day.”

The two tired Chihuahuas snuggled up on their big bed for a nap, feeling happy and healthy together.

The End