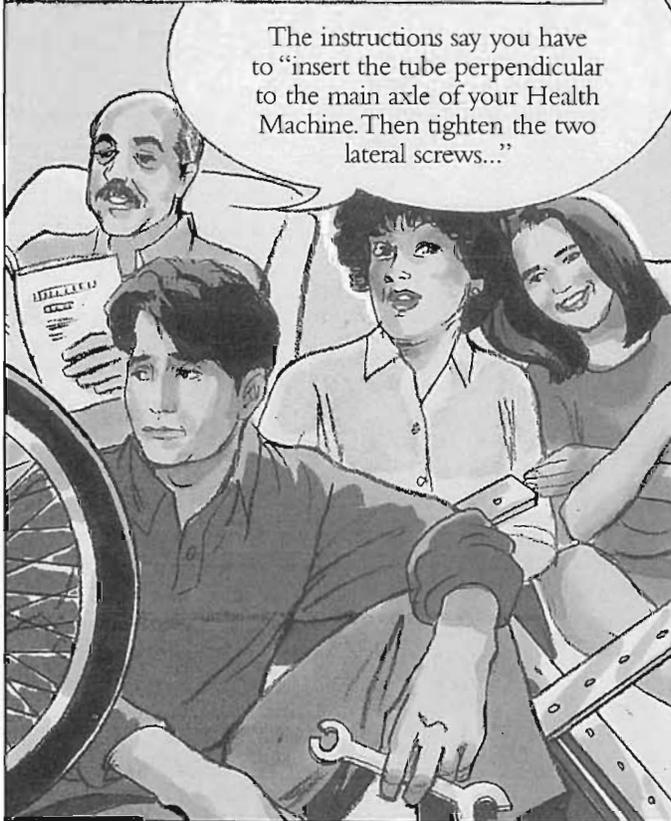


Part 2 The Ramírez Family Fotonovelas



The New Health Machine: Exercise

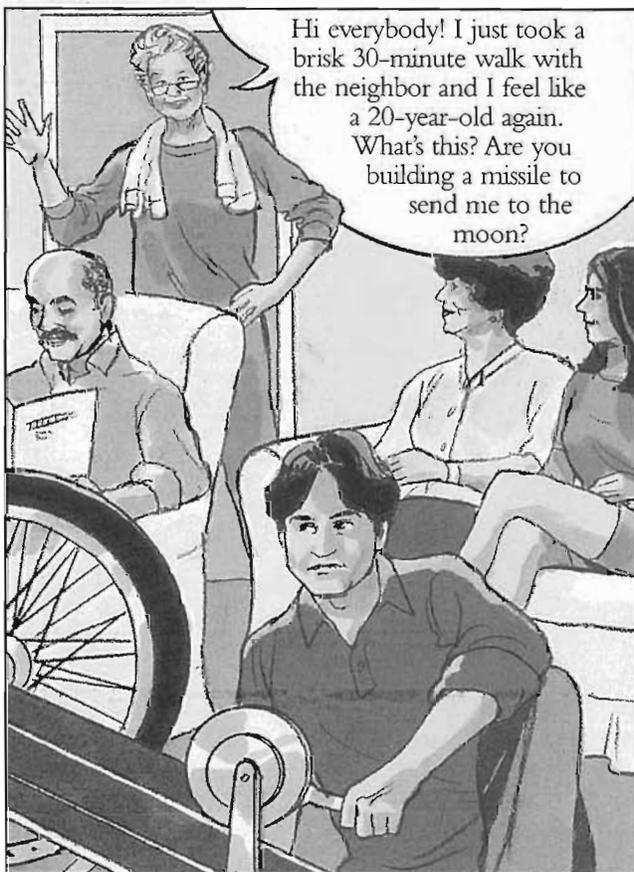
The Ramírez family just got their new "health machine."



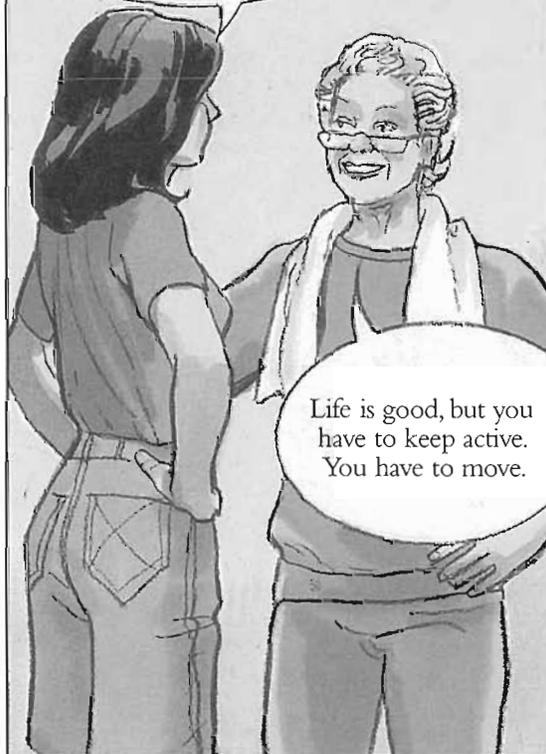
I told you, mamá, my friend Ana lost 10 pounds, and her machine isn't even a shadow of ours ...

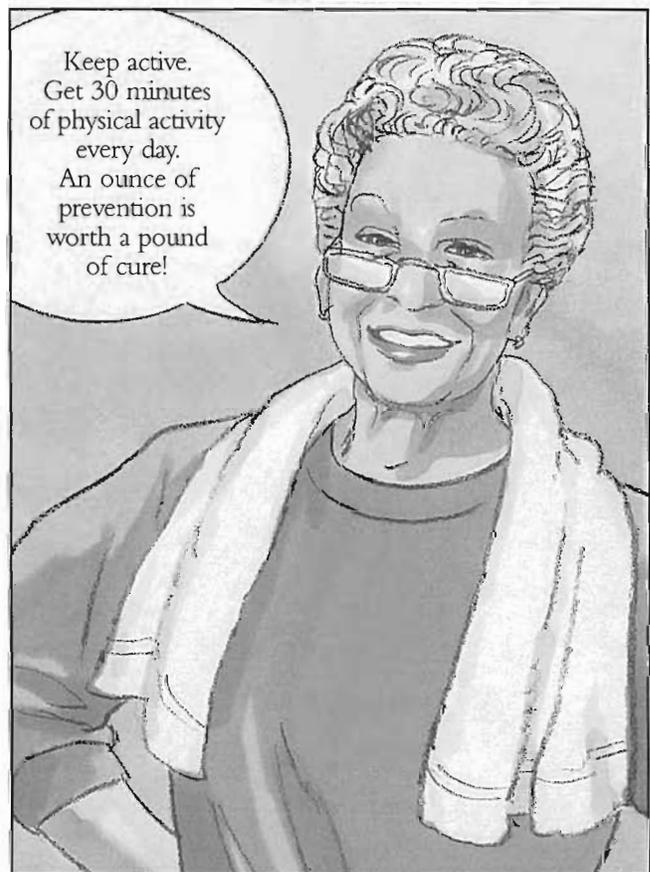
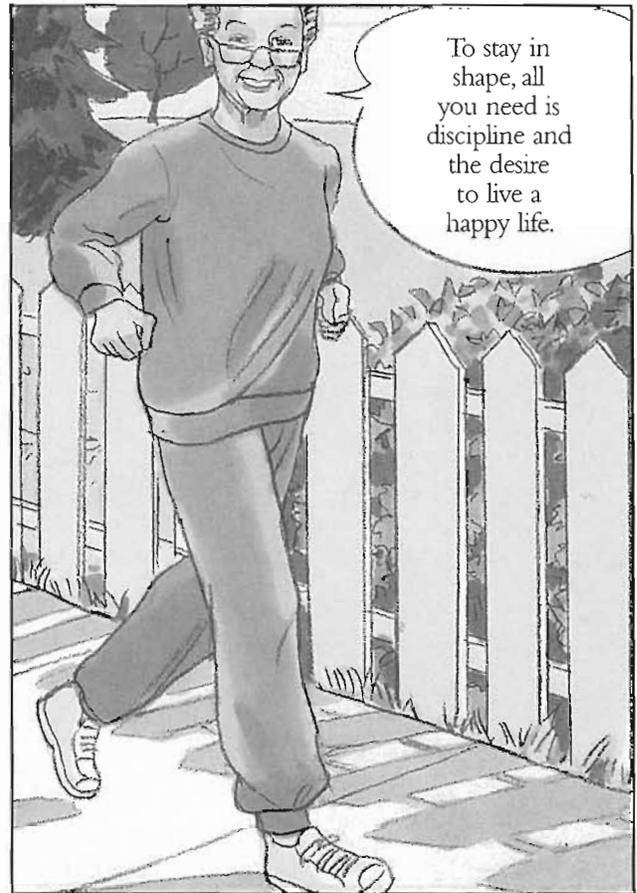
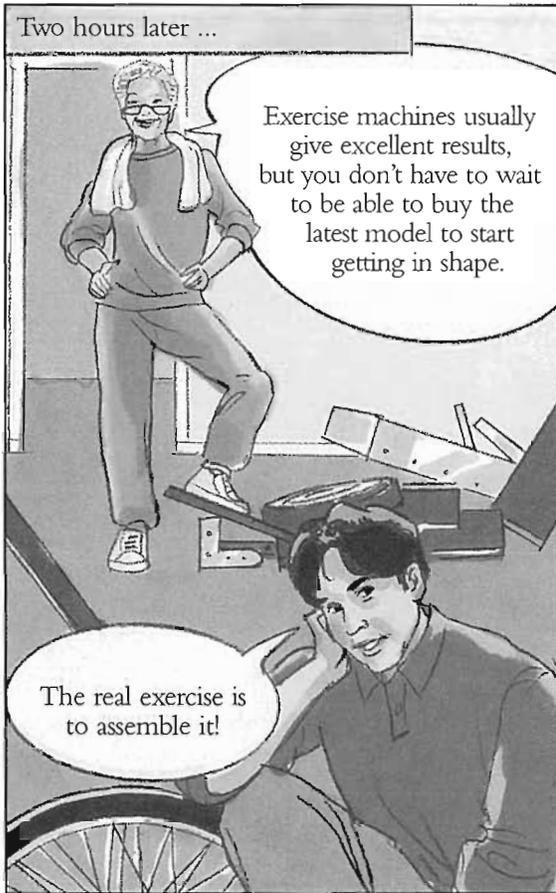


I hope it's easier to use than it is to put together!

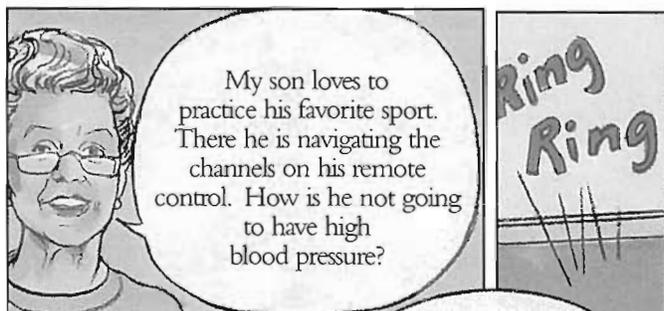
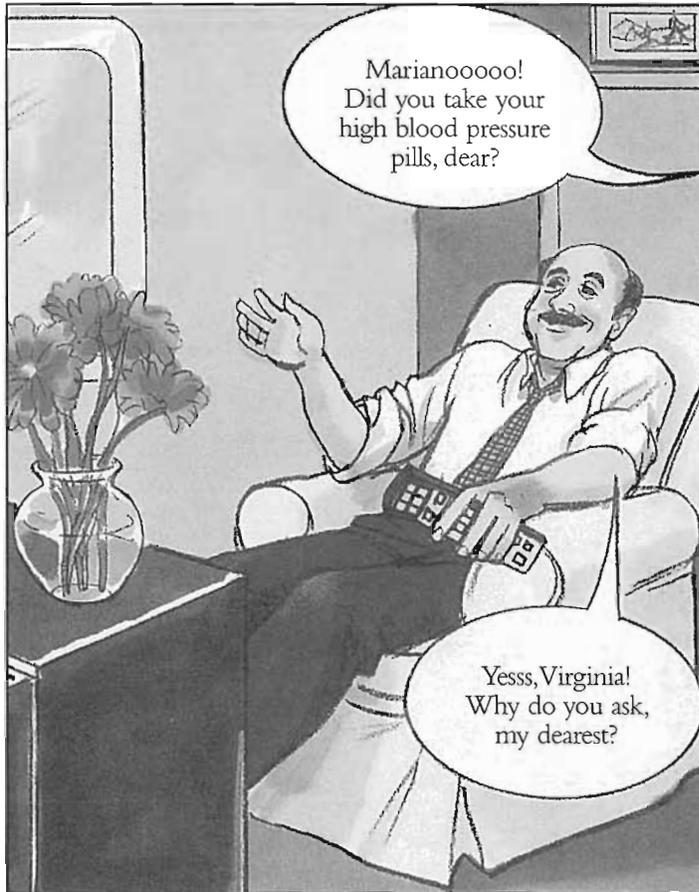


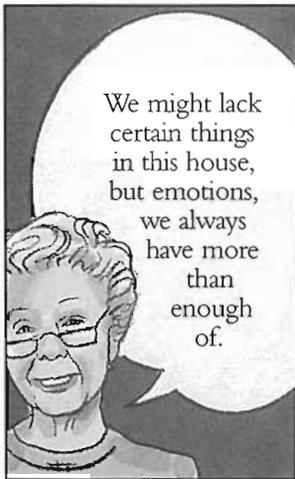
It's the new exercise machine, Grandma.



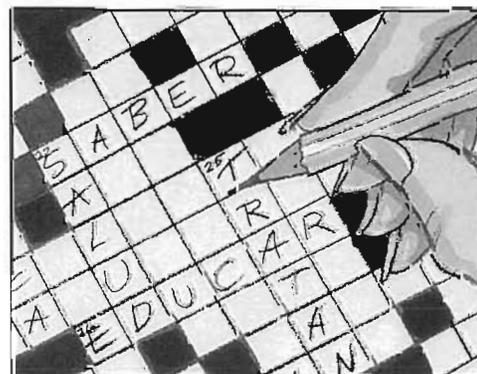
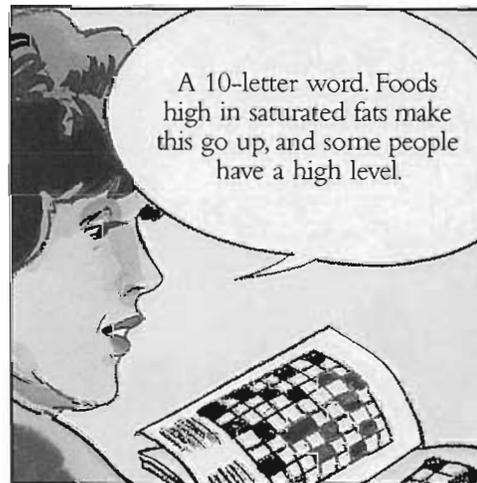


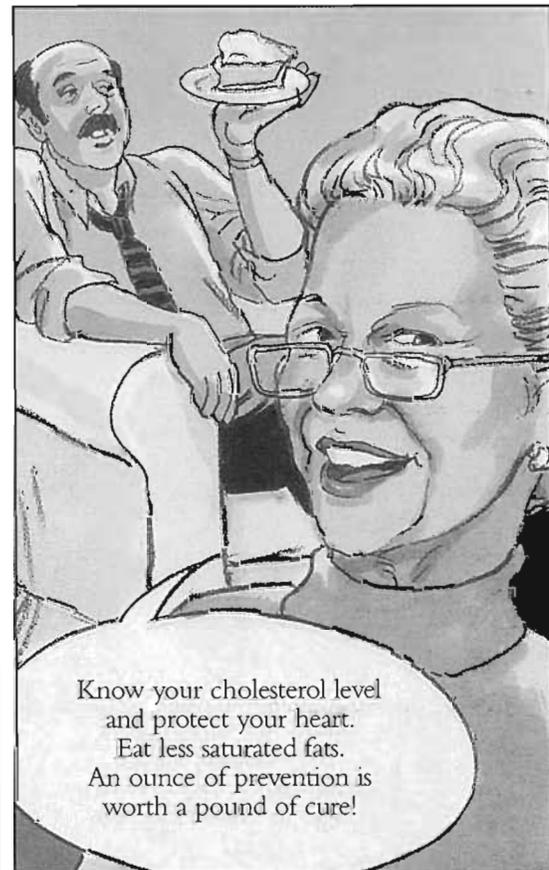
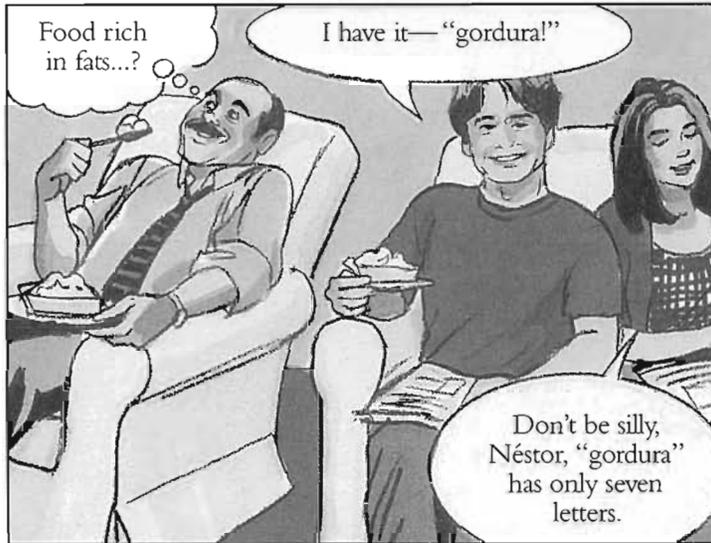
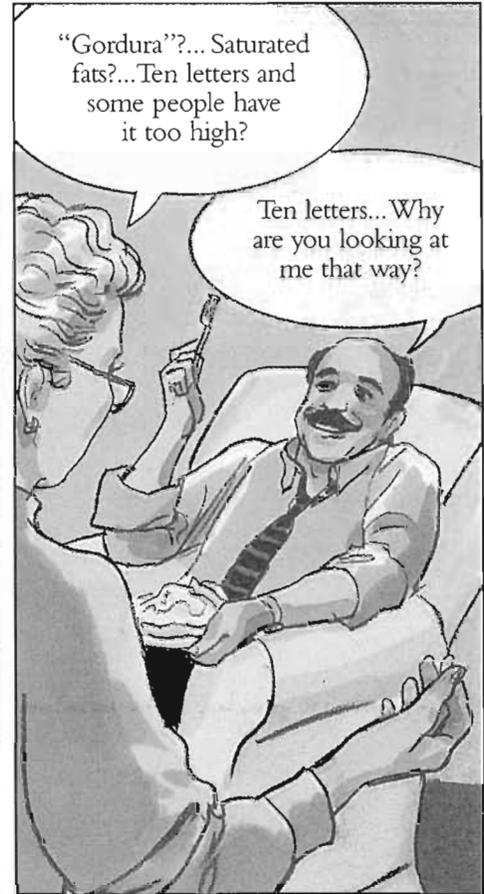
An Unsettling Surprise: Prevent High Blood Pressure



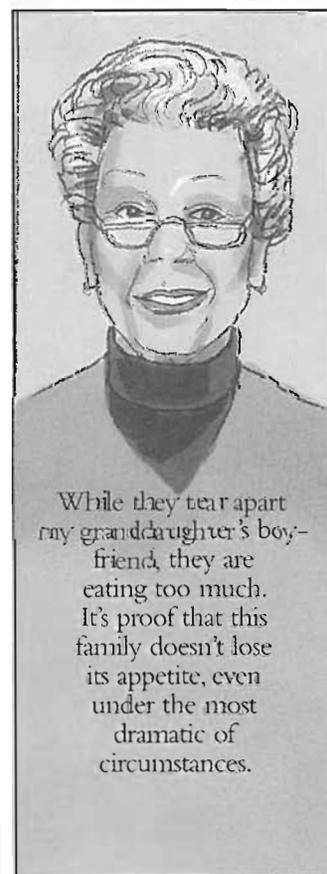
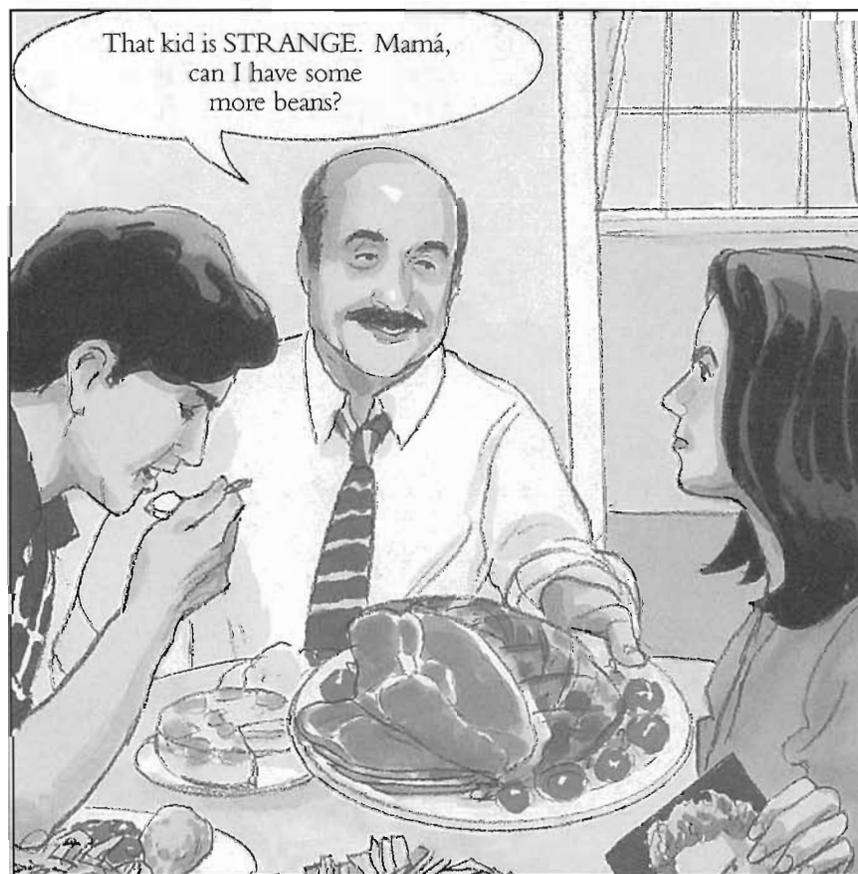


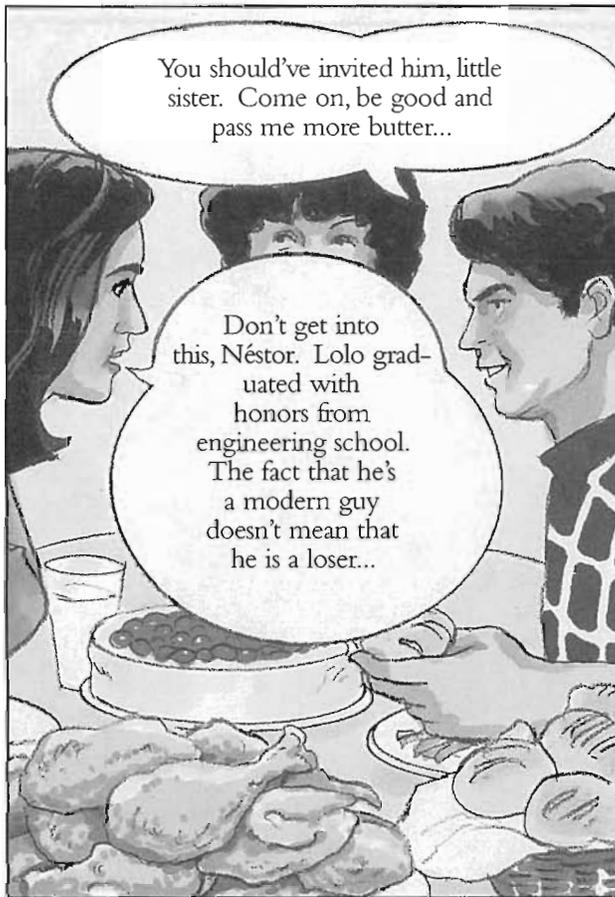
The Crossword Puzzle: Lower Cholesterol





I Don't Like That Boy At All: Watch Your Weight





My dear family, don't you realize that if you eat so much, you will get fat? Pass me more of this ... pass me more of that. We are what we eat, and this family is eating enough for a family of ten.

To prevent heart disease, watch your weight, serve yourself small portions, and eat foods lower in fat and calories! An ounce of prevention is worth a pound of cure!



The Big Game: Quit Smoking

