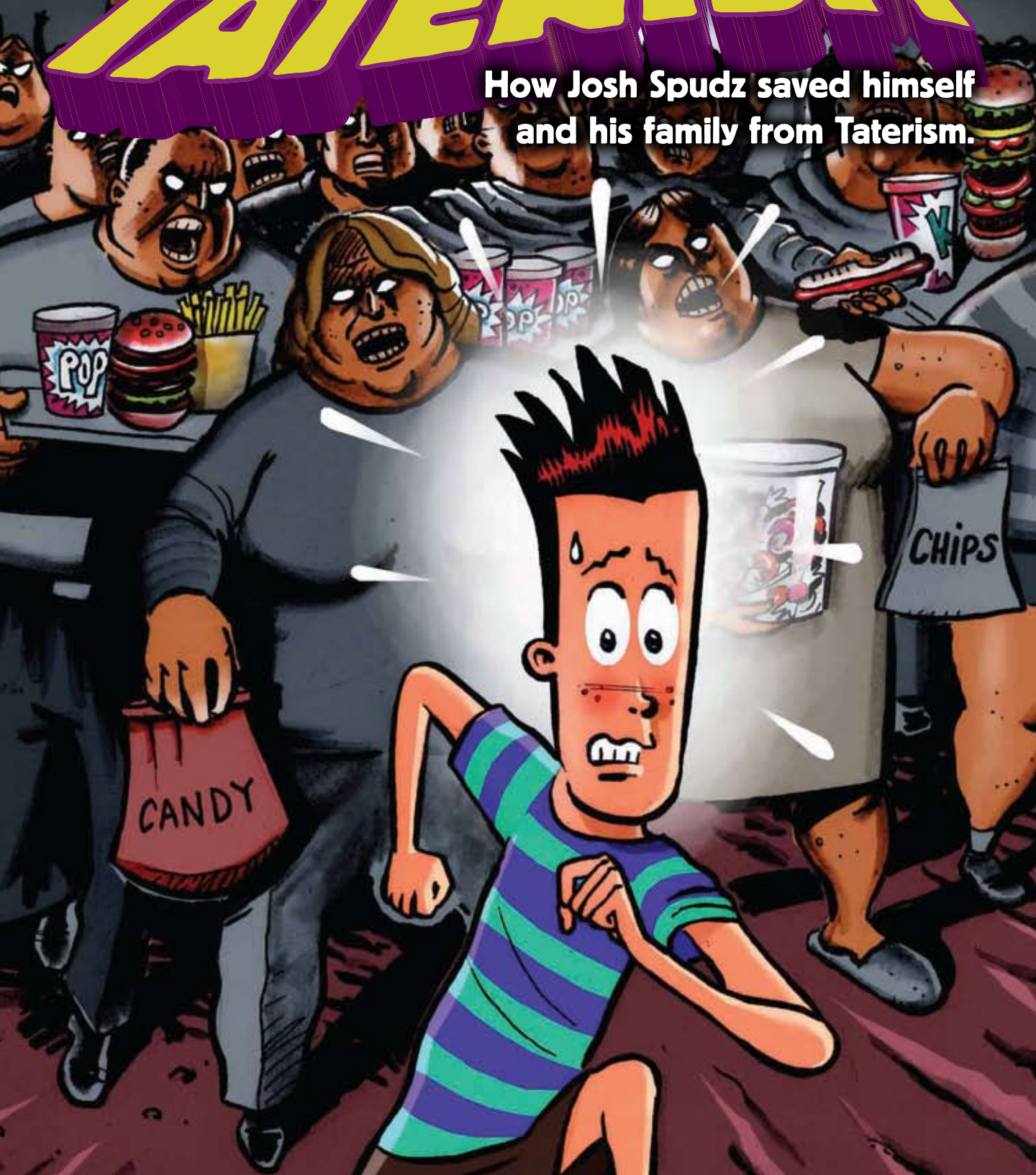


SURVIVING THE

TERRORS OF TATERISM

**How Josh Spudz saved himself
and his family from Taterism.**



THE DISEASE OF "TATERISM" RUNS OUT OF CONTROL IN THE SPUDZ FAMILY.



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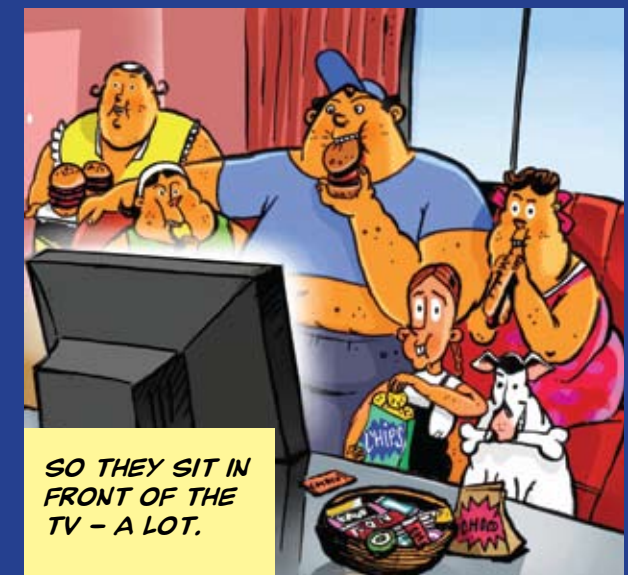
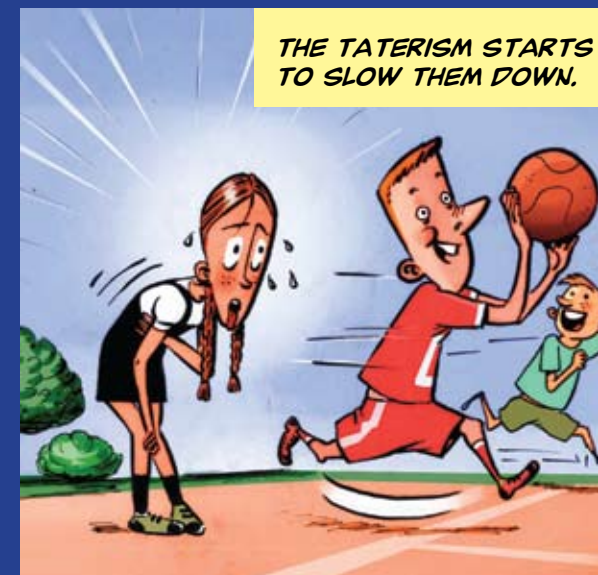
THEY GET LUMPY "TATERISM" AROUND THEIR STOMACHS, ON THEIR LEGS AND EVEN THEIR....



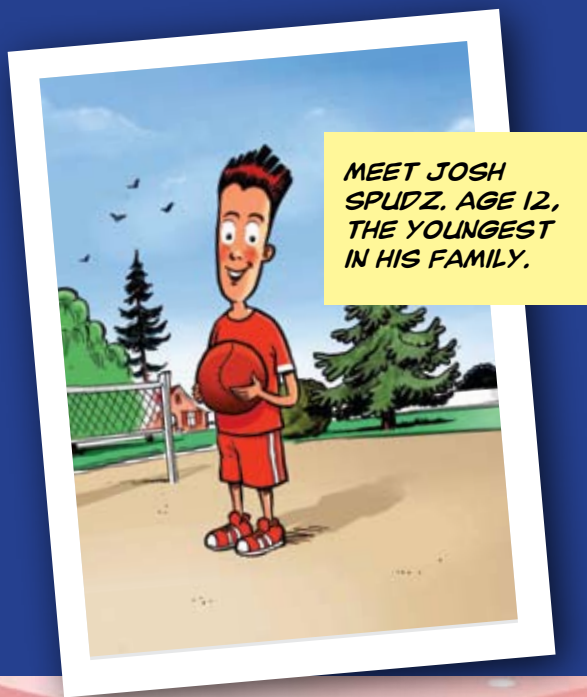
THEY ARE NORMAL, JUST LIKE YOU AND ME, UNTIL THEY REACH A CERTAIN AGE.



THE TATERISM STARTS TO SLOW THEM DOWN.



SO THEY SIT IN FRONT OF THE TV - A LOT.



MEET JOSH SPUDZ, AGE 12, THE YOUNGEST IN HIS FAMILY.



"Come join us, Josh."

"No thanks. I have basketball practice."

JOSH DOESN'T LEAVE THE COUCH. HE WATCHES TV FIVE HOURS A DAY. WHEN HIS SISTER GETS A NEW VIDEO GAME, THEY PLAY IT DAY AND NIGHT.

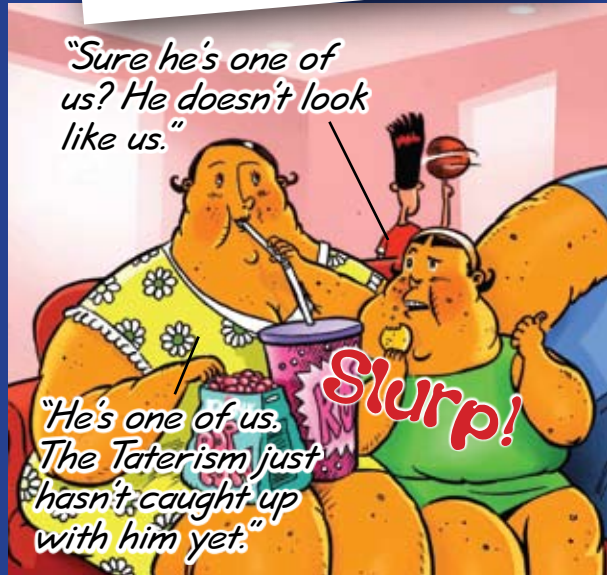


"Let's get to level 96."

"Yeah."



WHEN HE'S NOT WATCHING THE TV, HE'S AT THE COMPUTER CHATTING WITH FRIENDS. AND HE EATS A LOT OF FAST FOOD. MUNCHING ON CHIPS AND DRINKING SODAS THE SIZE OF HIS HEAD.



"Sure he's one of us? He doesn't look like us."

"He's one of us. The Taterism just hasn't caught up with him yet."

Slurp!



"Nice shot, Josh!"

"Thanks, Coach Carrot."

WHY HASN'T TATERISM CAUGHT UP WITH JOSH? HE'S ACTIVE. HE PLAYS ON THE BASKETBALL TEAM.



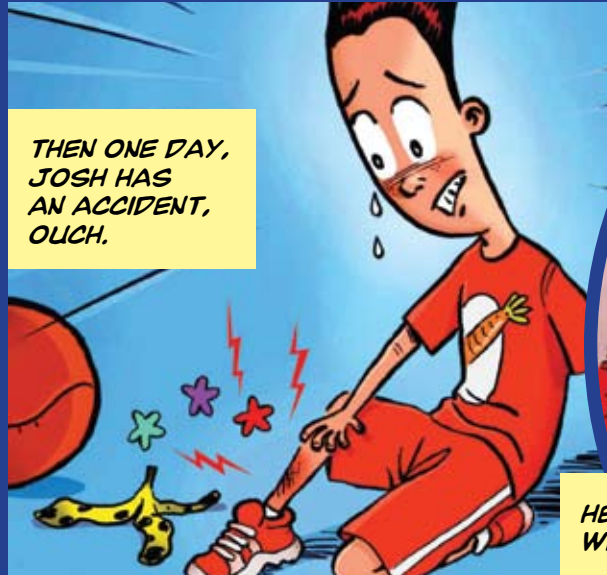
A FEW WEEKS LATER, COACH CARROT STOPS BY...

ONE DAY, HE WAKES UP AND SEES...

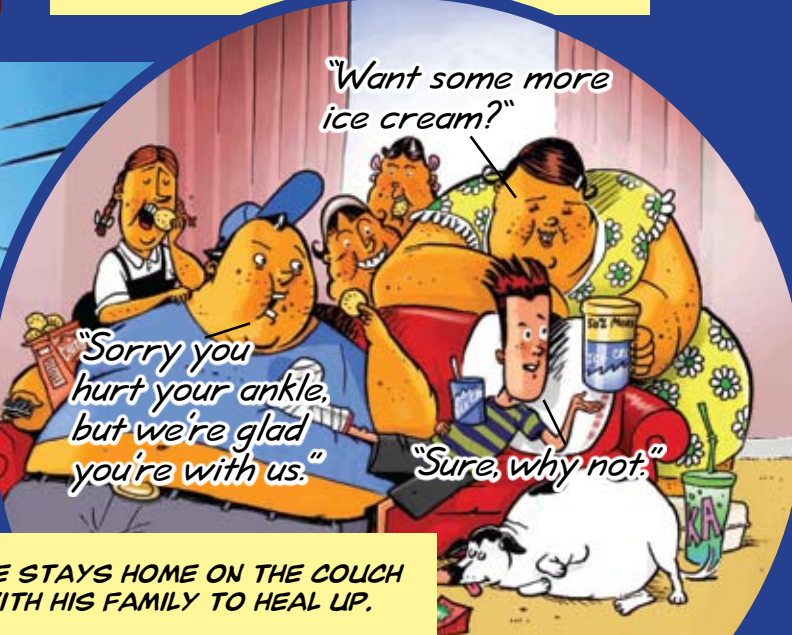


"Josh, where have you been?"

"Got the Taterism, coach. Nothing I can do it about it. Runs in my family."



THEN ONE DAY, JOSH HAS AN ACCIDENT, OUCH.



"Want some more ice cream?"

"Sorry you hurt your ankle, but we're glad you're with us."

"Sure, why not."

HE STAYS HOME ON THE COUCH WITH HIS FAMILY TO HEAL UP.



"Help me up, Coach."

"Josh, Taterism is a disease by choice. It comes from not getting enough exercise and a poor diet. Let's go for a walk."



"I want you back on the basketball team."

"Look at me coach. I can't play, I'm full of Taterism."

"Josh, you're better than this. Start small, running a few blocks each day."

"Here are some tips on how to battle taterism and stay healthy..."



"A serving of meat should only be about the size of a deck of cards or no bigger than the palm of your hand."

"Limit your screen time in front of the computer. Every hour, get up and do something physical for five minutes."

"Start training for a team sport with regular practices. A sport is a good way to get in shape fast. Or take a walk with a friend."

"If you have to eat fast food, choose something on the low-fat menu. Avoid the French fries and never "super size" your meals."

"See food as fuel. Healthy food will make you feel energized after eating it. Less healthy foods actually zap your energy."

"Use a smaller plate. The smaller the plate, the less it holds and the less likely you'll overeat."

"If you go out to eat, decide to take home half of your plate before you start to eat. That way, you get to enjoy your meal twice and not overeat."

"During TV commercials, get active. Do some jumping jacks, push-ups, sit-ups, run in place or dance. If you're active every commercial break, you'll get 15 minutes of exercise for each hour of TV."

"It takes about 20 minutes to feel full after a meal. If you finish your plate and still feel hungry, go do something else."

"Don't skip breakfast. When you skip breakfast, you'll feel tired all day long and will crave foods that are not good for you."



"Your diet is just as important as the exercise. Making a few little changes will make a big difference over time."

"Swap steaks, hamburger and pork chops for fish, turkey, chicken and soy patties. Instead of potatoes and pastas, try rice, tofu, beans and stir-fried vegetables."



"If you're full, stop eating."

"Drink a full glass of water before you eat to decrease your hunger. Drink at least eight glasses every day."



"Have vegetables with every meal. And make sure they are the biggest portions on your plate. Eat them first."

"Snacks are easy to change. Snack on carrots, celery, nuts, fruit, dried fruit, or a cup of yogurt. Avoid potato chips, candy and soda pop."

"Drink less soda. Water is always better. If you're going to drink a soda, order the smallest size, and never go for the biggest—even if it's the same price."





IT WAS TOUGH, BUT JOSH SHOWED UP TO EVERY PRACTICE AND WORKED HARD.



"I'll have the triple bacon cheeseburger, chocolate shake with Jupiter-sized fries."

...AND IT WASN'T MUCH EASIER WHEN HE ATE WITH HIS FAMILY.

"Me, too!"



THEN ONE DAY JOSH'S TATERISM FELL AWAY.

"It worked!"

"Looking good, Josh."

"Nice shot, man!"

HE WAS STRONGER AND FELT BETTER THAN EVER.



"I'll have a large salad with grilled chicken."



HE GOT DISCOURAGED, AND ALMOST QUIT.

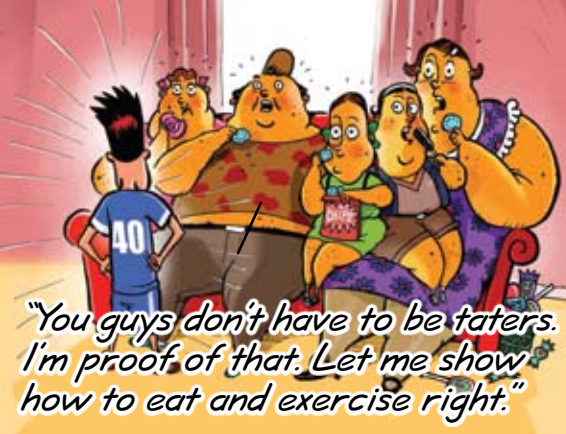
"Coach, I'm not losing my Taterism and I look as bad as ever."

"But how do you feel, Josh?"

SADLY, JOSH'S FAMILY WAS STILL VERY UNHEALTHY, AND THEY WERE SURPRISED TO SEE HIM LOOKING GREAT...



JOSH SHOWED THEM HOW TO ADD MORE FISH AND VEGGIES TO THEIR DIET, AND ASKED THEM TO STOP BUYING CANDY BARS AND SODA POP.



"You guys don't have to be taters. I'm proof of that. Let me show how to eat and exercise right."



AFTER DINNER, INSTEAD OF WATCHING TV, THEY WENT FOR WALKS.



"Well, I feel great - lots of energy!"

"Has the Taterism gotten any worse?"

"No."

"That's a good sign. Keep it up, Josh. You'll see results soon."

THEY CHOOSE BETTER MEALS.



"Me, too!"

"I'll have the large chicken salad."



AND TOGETHER, THEY BEAT TATERISM.

Better Than The Alternative Flow Chart

Poor Choice	Better Choice	Best Ever
SODA POP	FRUIT JUICE	WATER
CANDY BAR	NUTS FRUIT	APPLE
PEPPERONI PIZZA	CHEESE PIZZA	SALAD AND ONE SLICE OF PIZZA
HAMBURGER	SANDWICH	VEGGIE SANDWICH OR BURGER
FRIES	BAKED POTATO	RICE OR BEANS (EXCEPT REFRIED BEANS)
ICE CREAM	FROZEN YOGURT	FROZEN BANANA
WHOLE MILK	2% MILK / SKIM	SOY, RICE OR ALMOND MILK
CANNED VEGGIES	FROZEN VEGGIES	FRESH VEGGIES
WHITE BREAD	BROWN BREAD	SPROUTED GRAIN
FRIED FOOD	GRILLED FOOD	STIR FRY
PORK/BEEF	CHICKEN/TURKEY	FISH OR SOY PATTY
WATCH TV	TV WITH EXERCISE DURING COMMERCIALS	PLAY BASKETBALL
POTATO CHIPS	NUTS	APPLE CHIPS
DONUT	BAGEL	WHOLE WHEAT BREAD
ENERGY DRINK	COFFEE	ICE TEA OR TEA
CANDY BAR	PEANUT BUTTER AND JELLY SANDWICH	APPLE WITH PEANUT BUTTER

Eat more of the foods on the bottom of the pyramid and less of what's on top to stay healthy!





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