

“Grandpa!” Billy said,
“It’s time for the ball game!”



Billy wondered why Grandpa
wasn't playing as much anymore.

His get-up-and-go got up and went.
Grandpa was tired all the time.

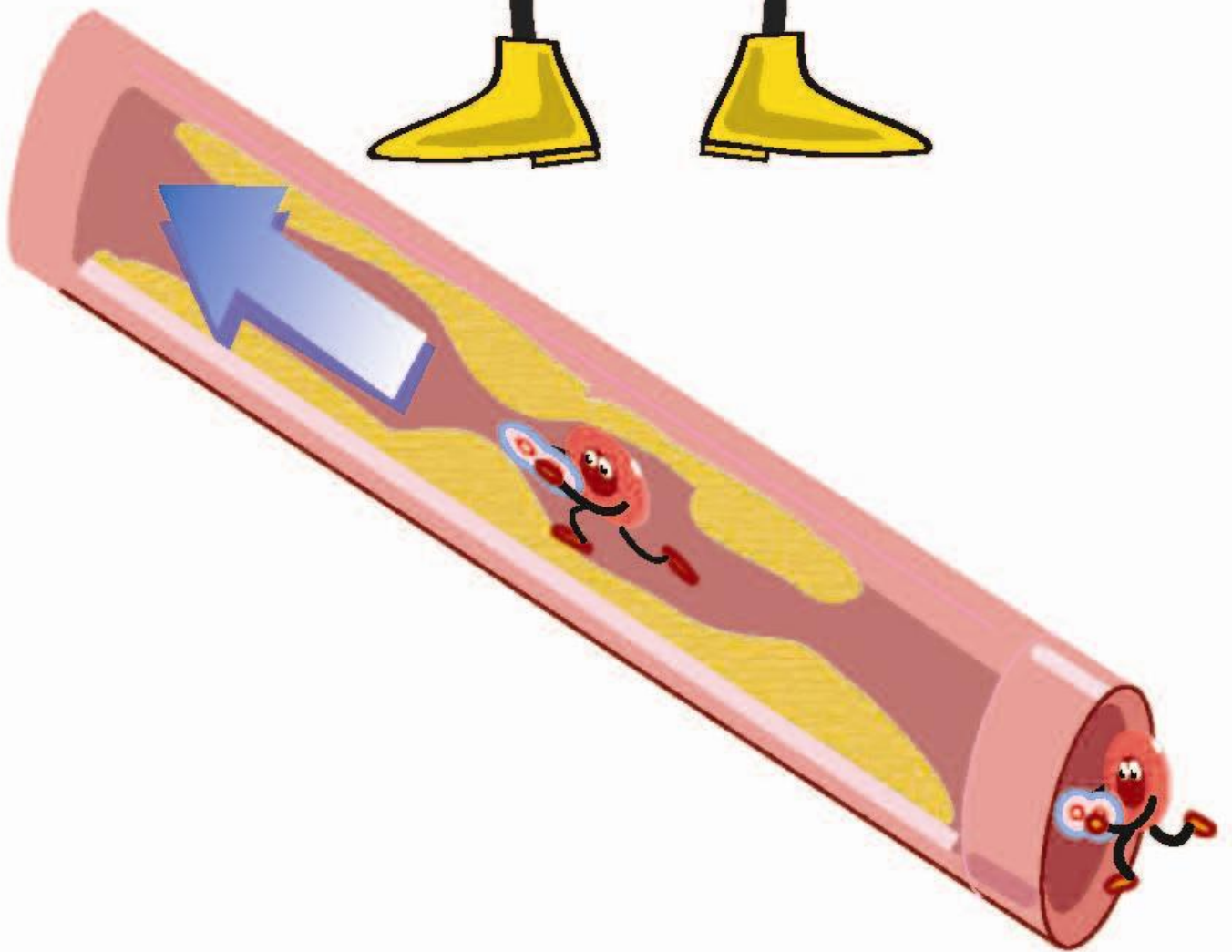
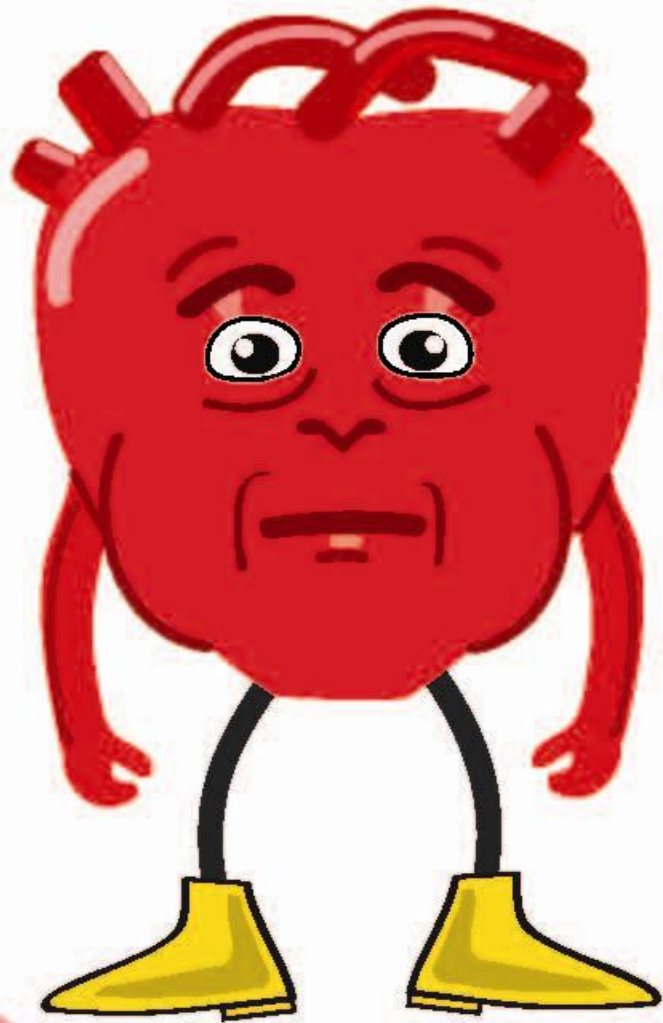


Grandpa went to his doctor. The doctor listened to his heart.

“Is Grandpa sick?” Billy asked. “Why doesn’t he have energy?”

“Billy,” the doctor said, “your Grandpa’s heart is not as strong as it should be. I think his blood vessels are clogged and his heart is weak. We need to help his heart turn into Captain Heart who can help Grandpa get strong again!”

“How do we do that?” Billy asked in amazement. “I want my Grandpa back so we can play ball!”



After learning all about how to help the heart, Grandpa and Billy went to the store to find good food. They bought all kinds of healthy foods during their adventure.

These are the super foods!
They make your body very strong and they help scrub your vessels clean.

