Once upon a time there was a car named Mo. He just got a new paint job and new head lights, he kept his body washed and polished. There was no doubt about it. Mo was a good looking car.

The only problem was, Mo didn’t run very well. He would spend hours dreaming about running fast but whenever he went out, the other cars would speed right by him.

One day, Mo went to the car doctor. “What’s the matter with me doc,” I look good but I don’t have any energy.”

“Mo, you can’t just keep the outside of your body looking good, you have to groom the inside in order to run properly. There is sludge in your gas tank, your spark plugs are rusty and you are low on oil. No engine runs properly if it is not taken care of.”

Here are some rules, I want you to remember.

#1 Don’t let your engine dry out.
#2 Give your engine good fuel.
#3 Keep your engine tuned.

Mo started taking better care of himself. He made sure his engine was well oiled. He only put good fuel in his gas tank and he regularly tuned his engine.

After a while he started to feel better. He wasn’t sluggish any more. When he went out for a ride, his engine ran good and he had no problem keeping up with the other cars. Now, he not only looked good but he felt good, too.

Down the street from Mo lived a boy named Tommy. Tommy was a nice looking boy. He got regular haircuts, he took baths to keep clean, he always wore clean clothes.

The only problem was, Tommy never felt as good as he looked. He had a hard time running and keeping up with other children.

One day, Tommy went to the doctor. “What’s the matter with me doc? I look good but I don’t have any energy.”

“Tommy, you can’t just keep the outside of your body looking good. You have to groom the inside of your body to keep it running properly. You are low on vitamins, your skin is dry, and you are overweight. No body runs good if it is not taken care of.”

Here are some rules, I want you to remember.
#1 Don’t let your body dry out, drink lots of water.
#2 Give your body healthy foods full of vitamins.
#3 Keep your body tuned, get lots of exercise.

Tommy started taking better care of himself. He drank lots of water, stopped eating junk food and started to exercise. After a while Tommy started to feel better. He had more energy. When he ran with his friends he had no trouble keeping up with them. Now he not only looked good but he felt good, too.

VROOM -now Tommy and Mo’s engines both roar!