

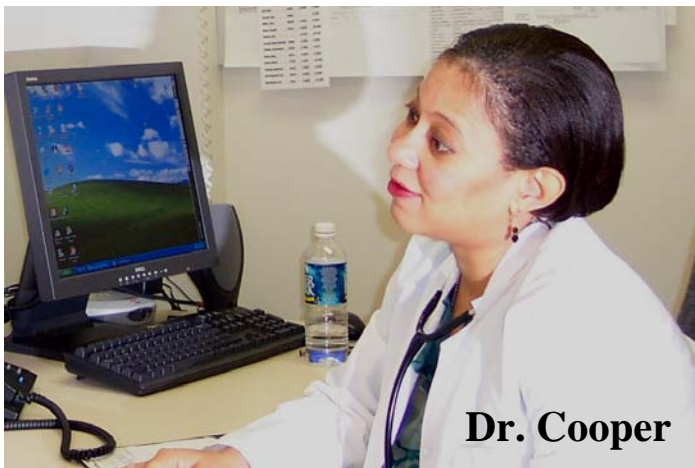
HEART 2 HEART



Mrs. Johnson



Madea



Dr. Cooper

Mrs. Johnson just saw her doctor. Will she do what her doctor told her to do?

LET'S WATCH.....

ON THE RIDE BACK HOME

Thank you Madea for the ride.

You're welcome. How was your visit Mrs. Johnson?



It was good. My doctor says I need take my medicine, exercise more and eat healthier. She wants me to eat more fruits and vegetables, and to walk around my block at least once a day.

That sounds good. You can walk in the mornings while it is still cool outside.



Yes... She also gave me a newsletter with healthy tips and recipes that I can use. I have to see her in a month and I hope to lower my blood pressure by then.

That newsletter sounds good!



Mrs. Johnson decides to walk around her block and follows a healthy diet.

It feels good to walk in the morning.



This apple is so good!



ONE MONTH LATER

I have to see Dr. Cooper again tomorrow. I hope my blood pressure is lower.

Well, you have been taking your medicine, exercising more and eating healthier foods.



BACK AT DR. COOPER'S OFFICE

Good to see you back Mrs. Johnson! You look a lot better and your blood pressure is lower than it was.

Well, I have been doing what you told me to do, taking my medicine, walking around my block and eating healthy. I tried the recipes from the newsletters that you gave me and I feel a lot better.



Very good. Now you just have to keep doing the same, taking your medicine, eating healthy and exercising regularly.

I will. I want to live a long and healthy life.



Okay Mrs. Johnson, have a great day and I will see you back in 3 months. And take care of yourself!

Thanks Dr. Cooper. I will.



THE END