

SUPER SARA

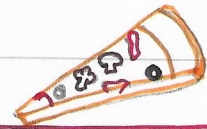


SUPER SAM

GET ACTIVE

HEALTHIER

One day, after Sara's dance class, Sam went to take her home. The fridge was empty, Mum and Dad were waiting - they had only one choice as it was nearing lunch time.



They had to go to a nearby Pizza Hut and get some food to take home, with the money Sara had in her pocket. They jumped out of the car & bought two large Veggie Pizzas, some garlic bread and two boxes of mozzarella cheese sticks. After they bought the pizza, they went to buy some grocery for the fridge as it was empty.



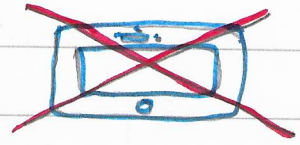
They picked up the grocery & went home. After their hearty meal, their mission robot started beeping. It said - Mission Sara & Sam get healthier and active. The two were surprised. The mission robot stated that they weren't eating healthy for the past few days, which was true. So the mission robot led them to the kitchen, it removed everything unhealthy, leaving only four bars of dark chocolate, three cupcakes and three ice creams. The mission robot



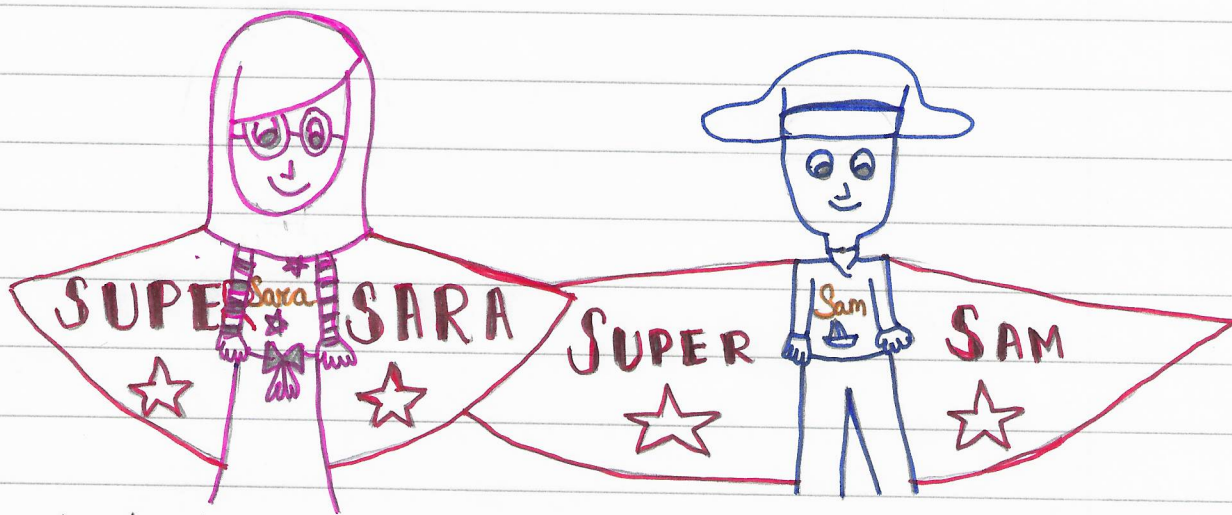
said that they would have to maintain a strictly balanced diet, that includes water, carbohydrates, proteins, vitamins & minerals, dairy products (calcium) - but not eat too much

nor too less of anything. They started their balanced diet from that day onwards. Sam and Sara also remembered to have two

glasses of milk & eight glasses of water. Since Sara had glasses, the robot said, "Dear Sara, please reduce the time you stare at the iPad for no real reason."



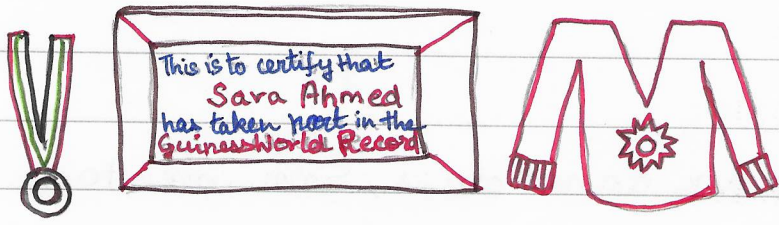
Sara replied, "Sure. I'll try," and the two had a good laugh about how the machine scolded Sara for staring at the iPad for no reason. After a few days, the two seemed to be eating healthy. So the robot started the second



part of its mission - to make the two active. It decided to give Sara and Sam a chart to keep track of how much did they exercise. On the chart, the robot wrote - 30 mins yoga, 40 mins playing any game of your choice. They had to strictly adhere to the table, the robot would catch them if they made even one mistake. Well, the robot did a good job keeping their noses to the grindstone!

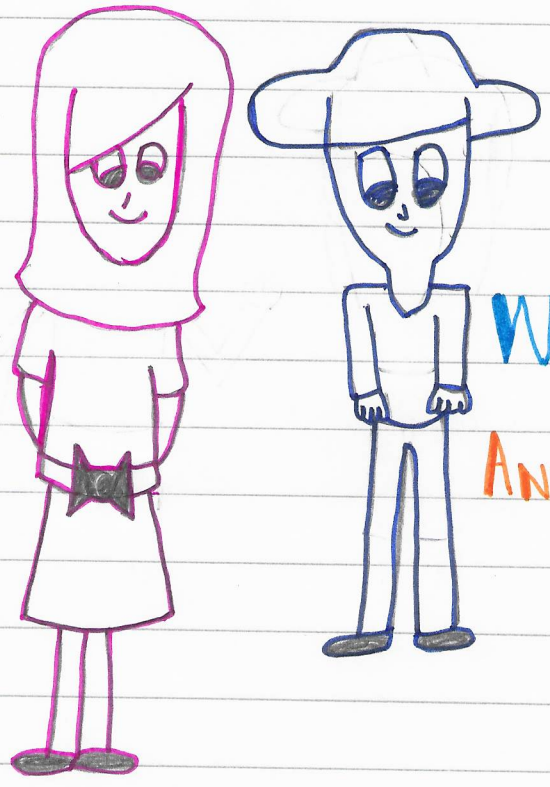
The robot had just completed the first part of making Sara and Sam more active - he had to take this to one step higher. The robot registered Sara & Sam for the opening ceremony of the 30x30 challenge launched by Sheikh Hamdan. The two had great fun there and

also took part in the Guinness World record attempt - to break the record for the maximum number of people doing jumping jacks. Well, they broke it and got a certificate & a t-shirt.



They were jumping with joy as they went home!

The robot winked & smiled. It was happy as it finished its mission. Sara & Sam exclaimed, "Our first mission where we weren't actually Super Sam & Sara!"



Bye-Bye till Sara & Sam's next adventure!

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