

Rory's Journey to Health

In the middle of the bright, green jungle lived a kind and gentle elephant named Rory. Rory was the biggest and strongest of all the animals, with big floppy ears and a trunk that could reach the highest branches. He loved playing with his friends and exploring the jungle.

But there was one thing that Rory didn't like very much: exercise. He preferred sitting under his favorite tree, snacking on bananas and napping in the shade.

One day, while Rory was munching on his third bunch of bananas, his friend Gina the giraffe came running by. "Come on, Rory! Let's race to the river!" Gina called out.

Rory looked at her and yawned. "I think I'll just stay here and relax," he said. "Running sounds too tiring."

Gina smiled. "But moving your body is good for you, Rory! It makes you strong and keeps your heart happy!"

Rory thought about it but waved her off. "Maybe later," he said, closing his eyes for a nap.

As the days went by, Rory found himself feeling more and more tired. Even though he was eating plenty of food, he didn't have the energy to play with his friends like he used to. One afternoon, while sitting by the river, Rory felt out of breath after just a short walk. His friend Sam the squirrel noticed and hopped over.

"Rory, are you okay?" Sam asked, concerned.

"I don't know," Rory sighed. "I feel so tired all the time, and I don't understand why."

Sam thought for a moment. "Well, Rory, it could be because you aren't moving around as much as the rest of us. Exercise helps us feel strong and healthy."

"But I'm an elephant," Rory said. "I'm already strong!"

"Being big and strong doesn't mean you're healthy," Sam replied. "You need to take care of your body from the inside too, and that means exercising and eating good food, not just bananas all day."

Rory realized Sam might be right. "So, what should I do?" he asked.

"Why don't you start small?" Sam suggested. "We can take a short walk every morning, and I bet you'll start feeling better."

The next morning, Rory decided to give it a try. He went for a walk with Sam, Gina, and a few other friends. At first, Rory felt slow and tired, but as the days passed, he started to notice something amazing: he had more energy! He felt happier, stronger, and even his naps were more refreshing.

One day, Rory even beat Gina in their race to the river! His friends cheered, and Rory beamed with pride.

From that day on, Rory made sure to move his big body every day. He still enjoyed his bananas, but he balanced them with other tasty fruits and veggies.

Rory had learned that staying healthy wasn't just about being big and strong on the outside—it was about taking care of yourself on the inside too, by moving, eating well, and resting when needed.

And so, Rory the elephant lived happily and healthily, always ready for his next adventure with his friends.

****Lesson:** Exercise and healthy eating help us stay strong and full of energy, no matter how big or small we are.**