

Good Evening Ladies & Gentleman

As you undoubtedly know, am Dr Oddz. I have come to you this evening to teach you how to be healthy and fit. I will teach you how to get a vondrous trim body like myself!!

First you must have a plan. Every day you must find an activity you like to do. But first, we must dance. Everyone dance with me!!

Great way to start the day. Now I show you my resistance training. You must be careful not to do this yourself until you have exercised for a very long time. I will show you how to lift these weights!! (bend over and slowly lift weights) TaDa! Very impressive, hey? But don't let my prowess discourage you. Soon you will be doing same ting. Yes?

Good Hygiene! You must brush your teeth every day! At least two times, but not too hard. Use a soft toothbrush so as not to wear off the enamel. Use mouth wash to rinse your toothbrush and kill those cold and flu germs...also gargle, make breath fresho. So good. Shower each day with your best friend, your rubber ducky!

Things to pull out of bag:

Skeleton = Now he did not take off pounds sensibly!

Spider = My friend – his name is Password, he helps me get on the web.

Big hyperdermic needle (plastic, sold in costume shops). Get your flu shot today. (Give to someone in audience)

Large bottle of pills labeled vitamins, calcium, fish oil, cranberry tablets, etc, Comment on each vitamin and what it can do for you. Be humorous.

Mouthwash

Large toothbrush

Rubber ducky

Stethoscope

Improvise, put anything in that is appropriate for exercise, good hygiene,

Next with the help of my good friend, Chef Salty Pepper, we shall teach you to make chicken soup! But first we sing!! (sing song passed out) Talk about how singing can help open the lungs, elevate your mood, raise the endorphins, etc.

Now for the soup, while I prepare the chicken Chef Salty Pepper will show you the basic ingredients! (Throw each item in pot as you explain its benefit).

Items to throw in pot: can of chicken broth, carrots, celery, potatoes, can of tomatoes, whole onions, box of soup noodles. Whatever will bring a laugh,

Fold dishcloth into chicken shape, exclaiming pick a nice gently used dishcloth. This one is perfect. See the gravy stain here, and the mustard and ketchup stains here and here. A little garlic aroma from the lasagna I made last week. Ohh this will be a good chicken. Hold chicken up and dip it into the pan a few times. Voila! The soup is fini and perfect for your healthy eating plan and sure to cure the common cold!

Thank you soo much, have a great week! Adios, amigos!

Note: to fold dishcloth. Roll up each side of rectangle tightly so the rolls are equal on each side. Then fold both rolls in half. Pull ends out of middle of each of four rolls. Pull ends ups and give a tug. Result is chicken shape.