



WRITTEN AND ILLUSTRATED BY:  
CORY FOUNTAINE













MAX,  
GOOD  
TO SEE  
YOU OUT  
HERE.

I'M JUST  
WORKING  
IN THE  
GARDEN  
TODAY.



YOU MUST  
BE BURNING  
A LOT OF  
CALORIES

YEP

HOW IS  
YOUR  
GLUCOSE?

IT'S  
GOOD

COOL



STAYING  
HEALTHY  
WITH  
DIABETES  
MEANS  
STAYING

BALANCED  
WITH DIET,  
EXERCISE,  
AND  
MEDICATIONS.

YOUR MIND  
ALSO  
KEEPS YOU  
BALANCED.

MAKING  
THE  
RIGHT  
CHOICES.

AND  
LEARNING  
FROM THE  
WRONG  
ONES.









WHAT  
KIND OF  
GARDEN  
IS THIS?

BEANS

CORN

SQUASH

IT'S OUR  
THREE  
SISTERS  
GARDEN.

THE THREE SISTERS  
ARE PLANTED IN THE  
SAME SPACE TO HELP  
EACH OTHER GROW.  
CORN IS THE OLDEST  
SISTER. SHE STANDS  
TALL IN THE CENTER  
AND HOLDS THE  
OTHERS UP. SQUASH  
IS NEXT PROTECTING  
HER SISTERS FROM  
WEEDS AND SHADING  
THE SOIL WITH HER  
LARGE LEAVES  
KEEPING IT COOL AND  
MOIST.

AND THE LITTLE  
SISTER IS  
BEANS. THEY  
KEEP THE SOIL  
HEALTHY AND  
CLIMB  
THROUGH THE  
SQUASH AND  
UP TO REST ON  
THE CORN AS  
SHE REACHES  
FOR THE SUN.





HARVESTING  
IS A GREAT  
WAY TO GET  
EXERCISE.

THERE'S  
PLENTY OF  
WORK TO BE  
DONE...IF  
YOU'RE NOT  
BUSY.

I COULD  
ALWAYS  
USE  
YOUR  
HELP.

SOUNDS LIKE  
TOO MUCH  
WORK TO ME.

THAT'S  
ALL  
RIGHT..

MAYBE  
ANOTHER  
DAY, DAD.









HMMM..  
WHAT'S  
THAT OVER  
THERE IN  
THE FIELD?

IT'S  
SOME  
KIND OF  
ANIMAL.





IN MY SPARE  
TIME, I USUALLY  
DON'T GO AROUND  
POKING THINGS  
WITH STICKS...

I WOULD  
ADVISE YOU  
THE SAME.  
(NOT TOO  
SMART.)  
HE HE HE

SORRY.

I WAS  
NAPPING..

MY  
NAMES  
LEX.





OK,  
THERE !

YOU'RE  
GROWN  
UP

AND  
LOOKING  
GOOD!

THAT  
WAS  
EASY.

YOU'RE  
WELCOME.

WOW! IT  
WORKED!

NEAT !



HUH?

I HAVE A  
BELLY!  
AND  
IT'S  
BIG!!

NO!

NOT  
COOL  
AT  
ALL!

OH, YEAH. I  
CHANGED YOU  
ACCORDING  
TO YOUR FOOD  
AND ACTIVITY  
CHOICES.

SOOOO..YEAH,  
GUESS THEY  
AREN'T SO  
GOOD.

OH WELL,  
THAT'S NOT  
MY FAULT.



YOU TRICKED  
ME!  
THIS IS NOT  
WHAT I WANTED!

REALLY..  
CALM DOWN  
NOW...

IT'S WHAT  
YOU  
ASKED ME  
TO DO.

CHANGE  
ME BACK  
NOW!

YOU  
TRICKSTER!



YOU'RE BEING  
QUITE RUDE  
MAX SWIFT.

I ONLY  
DID..

..WHAT YOU  
ASKED OF  
ME.  
SORRY  
YOU'RE NOT  
PLEASED.

GRRRR..

VERY  
UNGRATEFUL.

HEHEH

BESIDES, NOW  
YOU'RE A  
MUCH BIGGER  
SNACK!

WHAP?!  
ME A  
SNACK?

GULP!









IF I GET OUT OF  
THIS OK,  
I PROMISE I'LL  
EAT GOOD  
EVERYDAY!

I'LL  
EXERCISE,  
TOO

THAT'S  
WHAT I'LL  
DO!

THAT  
TIME, I  
RHYMED.





I WAS  
JUST  
FLYING  
BY,

BUT  
DON'T  
LIE!

YOU'RE UP  
TO NO  
GOOD, AND  
NOT TOO  
SLY!

YOU  
CAN'T  
TRICK  
ME!

I  
KNOW  
WHAT  
YOU  
DO.

IT'S NO  
GAME, AND  
NOW YOU'RE  
THROUGH!







A black and white comic panel showing a young boy with spiky hair floating in the ocean. He is wearing a t-shirt with an upward-pointing arrow and is holding a life preserver. The water is depicted with dynamic, swirling lines. Two thought bubbles are present: one in the top left and one in the bottom right.

WONDER  
HOW LONG  
I WAS OUT  
FOR?

I  
DEFINITELY  
HAD WAY  
TOO MUCH  
SUGAR!

A black and white comic panel showing a close-up of the boy's face. He has a determined and slightly grumpy expression. A single thought bubble is located to the right of his face.

I'LL NEVER  
DO THAT  
AGAIN.

MOM, DAD!!  
GUESS WHAT?!?  
I DECIDED THAT I  
WANT TO BE  
HEALTHY AND  
BALANCED!

I WON'T BE  
PLAYING VIDEO  
GAMES ALL DAY  
ANYMORE! AND I  
WANT TO HELP  
WITH THE  
GARDEN!

REALLY?

YOU'RE JUST IN  
TIME FOR  
DINNER MAX.





WOW, YOU  
SHOULD  
PLAY  
OUTSIDE  
MORE  
OFTEN.

YEAH,  
(SIGH)  
SO

WHAT'S  
FOR  
DINNER?

TONIGHT  
WE'RE  
HAVING  
CHICKEN...

WITH  
ASPARAGUS.

OF COURSE,,  
WE'RE HAVING  
ASPARAGUS  
TONIGHT.

YUMMY  
YUM.

THE  
END