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EXT. MYRIE HOUSE

GRANNY B.
Old time people have a strong saying: "You can't have your cake and eat it too." That means for every action there is a price you're paying. Your health rise or fall with all that you do. You drink too much sweet, it rotten your teeth. So drink plenty water your body can tell. Your health is your wealth so take it in hand. Your body is a temple so treasure it well.

MARIE
This was such a great idea Martin. All of us exercising and working out together makes a difference.

MARTIN
Yes, and I just love how they are keeping the community centre clean...

MARIE
Yes, and planting up all those trees really makes a difference to the environment.

MARTIN
Alright, since you want a pat on the back I will say it. BIG CONGRATULATIONS for helping the community centre to plant up all these trees and for donating your time and energy to lead the process.

MARIE
I am not paying you no mind.

MARTIN
But seriously Marie, it was a really great thing you did. Everybody benefits when the space is beautified.

MARIE
And even more than that, everybody breathes better for every new plant or tree that we help to stay alive. People seem to forget that we all live in just one environment. So anything
we do to one part of it affects all of us.

The sound of feet run up to them and Sidney is breathing hard.

SIDNEY
Mommy. Mommy. Jamie is dying.

MARIE
What? What are you saying Sidney?

ROGER
It's true Mrs. Myrie. Jamie is dying.

MARTIN
You kids like to jump too far to bad conclusions. Jamie is not dying.

SIDNEY
Well, she is nearly dying then.
(We hear Sidney and Roger laughing.)

MARIE
Oh, so this was just a joke you guys were making then. That's not funny Roger. And Sidney, you should know better than to say something like that about your sister.

SIDNEY
Mommy, is just that after the little run that we do she is breathing so hard like somebody stealing her breath.

MARIE
That is still not a reason to make fun of your sister. She is doing her best to get fit.

SIDNEY
Well, maybe if she did dancing and gymnastics and swimming like me she wouldn't be dying like that from the little run we just did.

Jamie walks up and it is obvious that she is still winded and out of breath.
MARIE
She does dancing and that's enough for now.

SIDNEY
No mommy. It's not enough cause she can't manage the running. I don't even know how she dance for more than five minutes. She is like seriously dying over there.

JAMIE
I am not dying. I am trying.

SEBASTIAN
Yes sis. You really are trying.

JAMIE
You see. Even Sebastian...

SEBASTIAN
Yes. You're trying to walk when everybody else running. And you still out of breath. I tell you, if I was so unfit like you, I would...

MARTIN
That's enough Sebastian. Your sister is really trying. Once she keeps this up, she will lose the little extra weight she has on her body and...

SEBASTIAN
Dad. That extra weight is not little. It's a whole other person.

SIDNEY
(Laughing)
Yes, it's like she is carrying around a whole other person in her clothes.

JAMIE
That's not funny. I am not that fat.

SEBASTIAN
That's true. You are not THAT fat. But it was very funny. Hi five Sidney.

MARTIN
Enough. Both of you stop it. You should not be teasing your sister like
this and you know that she already feels bad about her weight.

SEBASTIAN
A little teasing never hurt anybody. It's just motivation.

MARTIN
Teasing is NOT motivation Sebastian. Do you remember when you accidentally touched the football with your foot and scored a goal on your own team in the match last year.

SEBASTIAN
Daddy, don't bring that up again.

MARTIN
Yes, that's the point. The whole school teased you about it. Remember? That was teasing and it was not fun. And you were not learning anything from it.

SEBASTIAN
Well, that's true.

MARIE'
And YOU, Miss Sidney. Do you remember just a couple weeks ago when they teased you for answering something wrong in class? I won't even remind you what they called you but try to remember how it made you feel. That is not nice.

SIDNEY
Ok mom. I get it.

MARIE
And remember how you felt when you couldn't get a place on the gymnastics team after two whole years because you couldn't do the full split yet?

SIDNEY
Mom. That was like sooooo long ago.

MARIE
Yes, but you still have nightmares about how they used to tease you.
SIDNEY
I'm a star now.

MARIE
Yes and your sister is a star too because just like you, she is working on herself and her body to get better and better.

SIDNEY
I guess you're right. But it's just that...

MARIE
Sidney...

SIDNEY
Ok mom. But I just...

MARTIN
Sidney! Enough is enough. Teasing is not a nice thing. No matter how funny or fun you think it is. Place yourself in the other person's shoes and you will remember how UN-NICE it is.

SIDNEY
Ok Dad.

MARTIN
Now Jamie, we need to really talk about increasing the workout time. The family is doing two days a week, and if you are serious about losing weight and getting fit, you can't just do it when you feel like. You have to commit to it.

JAMIE
Daddy, sometimes I just don't remember.

SEBASTIAN
You mean sometimes you don't want to remember.

JAMIE
You don't hear to stop the teasing.

MARIE
That's not teasing now Jamie. If you
are really serious you are going to have to make up your mind to do it and put it into your plan. Create a system and make a habit of it. You know what Jamie, you already have some good habits and discipline in other things. When it's time to do your household chores I don't have to run you down or remind you. You just need to make health a habit in the same way. It's a decision.

SIDNEY
A good habit. Not like walking when everybody else is running.

JAMIE
Yes and not a bad habit like you hiding all the chocolate bars and sweeties and cookies in your second draw under the diaries in your chest of drawers.

MARIE
What?

MARTIN
Sidney is that true?

SIDNEY
Roger, how yuh chat so much?

ROGER
I didn't say anything.

SIDNEY
I know it must be you.

JAMIE
No. It must be the trail of ants that I follow to your room every now and then and kill them with the spray.

MARIE
what?

JAMIE
Yes. I follow them all the way to that draw and see the stash of sweet goodies.
SIDNEY
Oh. So you are the reason why some of my stuff goes missing.

JAMIE
I... I... I... was confiscating them.

SIDNEY
You see Roger. I told you I was missing stuff every week.

ROGER
No. You said that I was the one stealing stuff from you every week and it wasn't me.

MARIE
Enough with all of you. Enough. Nobody should be stealing. Nobody should be teasing. And nobody should be storing up sweet treats in clothes drawer. We discussed how eating healthier makes us all happier and live longer.

MARTIN
Your mother is right. If you want something sweet, eat fruits.

SIDNEY
Yes, I like fruits too, but the cookies taste sooooo good.

MARTIN
But all that sugar is soooo bad for you Sidney.

JAMIE
And is not just cookies. It's chocolate bars, and cakes with cream filling...

SIDNEY
How yuh chat so much?

MARIE
Stop it Sidney.

ROGER
And don't forget the... You know what? Maybe I shouldn't say anything either.
MARTIN
Where you get money to buy all these sweets Sidney?

SIDNEY
I save lunch money.

MARIE
So what do you eat at school?

ROGER
She saves money by not eating lunch every day at school Mr. Myrie.

MARIE
Sidney, that is not healthy. We talked about the sweets. I thought you had stopped.

SIDNEY
I stopped eating the sweet stuff AT SCHOOL like I promised.

MARTIN
Don't play smart with us young lady. You were to stop eating the sweet stuff, period.

SIDNEY
But it tastes so good.

MARIE
It's just that you got so used to it. Fruits can taste just as good. But is so much better for you. But I think we are partly to blame too. We need to find other kinds of delicious foods and pack away for you so it's not that hard to eat healthy.

SIDNEY
Yes, Mom. I think it's your fault.

MARTIN
Not so fast young lady. Everybody in this family is going to play their part to make it all better. Everybody. So you will STOP eating the sweets and we will find other ways to make your meals as delicious... as well as ensure that fruits are always
available in the house.

SIDNEY
Ok dad.

MARIE
So here is what we are going to do. We will make sure we stock the kitchen pantry and cupboards with the kinds of healthy treats that we want the whole family to eat. Things like dried fruits and nuts.

SEBASTIAN
I like low-fat yogurt and cheese.

MARTIN
Yes that can work. And we must always have a bowl of fruit on the counter-top where we can all easily grab a snack on the go.

MARIE
I will also have whole-grain crackers and...

JAMIE
I like granola bars...

MARIE
Low-sugar granola bars and peanut butter snacks. Any healthy snacks you love Sidney?

SIDNEY
Dried fruit cereal.

MARTIN
That can work, as well as carrot sticks.

MARTIN
And by the way Sidney...

SIDNEY
Yes dad.

MARTIN
You WILL be grounded for disobeying us and hiding away all those sweets.
SIDNEY
That's not fair... Mom...

MARIE
It is fair Sidney. And you know what else is fair, Jamie will also be grounded...

JAMIE
That's not fair. I told you about it.

MARTIN
You told us about it long after the fact that you were also hiding and eating all that sweet stuff when you know it's not what we agreed on.

JAMIE
Alright. Alright. But anyways, after all this exercise and this talk of food, I'm hungry. Can we go buy some burgers now?

SIDNEY
Yuh crazy?

JAMIE
Just kidding. I want the nice steam fish that my five star healthy food chef brother Sebastian going cook up for me.

SEBASTIAN
Fine. And I am going to teach you how to cook it today-today.

JAMIE
I am ready to learn.

GRANNY B.
In life we can't run away from ourselves. We have to do our best to deal with the things that come up. Because if we don't face the real issues they will run us down into the ground. Health is not a sometimes thing. Is a everyday thing. So we have to ensure that whatever changes we make for health it's permanent.

END OF EPISODE