



BY D. HELMER 2012
LEGSCHILLA.TUMBLR.COM
SHINGWORKS.TUMBLR.COM

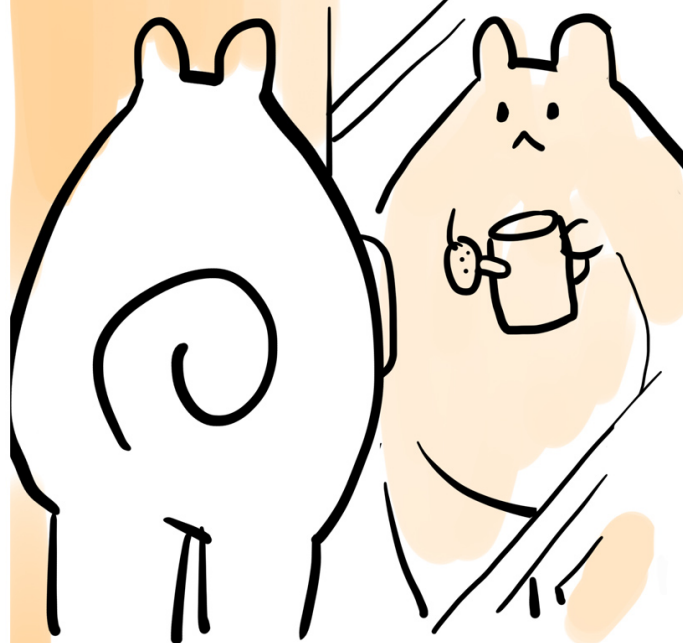
patreon.com/shingworks



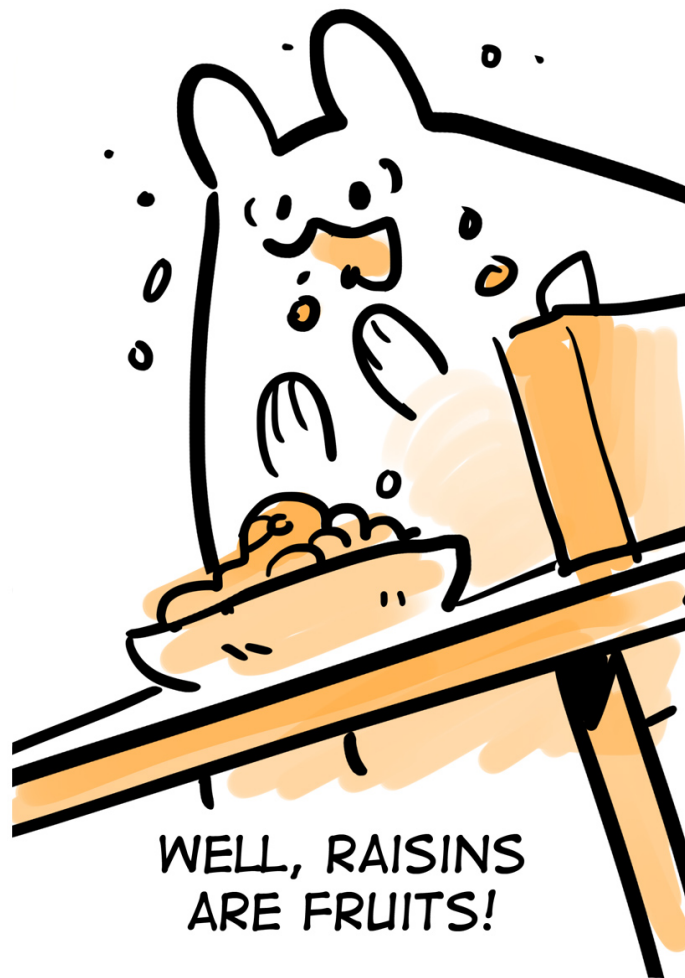
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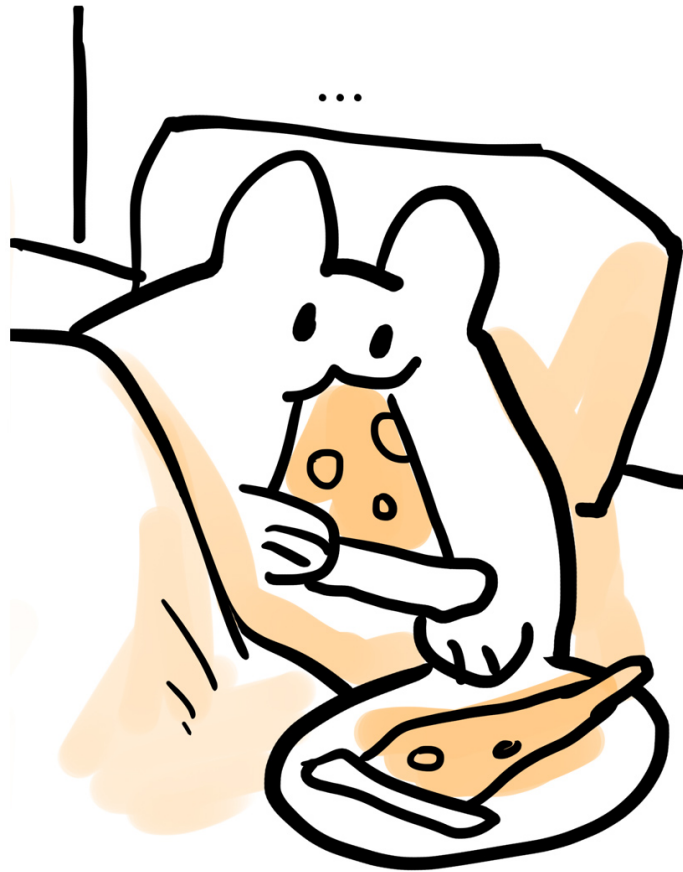
HE DIDN'T REALIZE
HE'D PUT ON SO MUCH
WEIGHT.



MAYBE IT HAS SOME-
THING TO DO WITH...



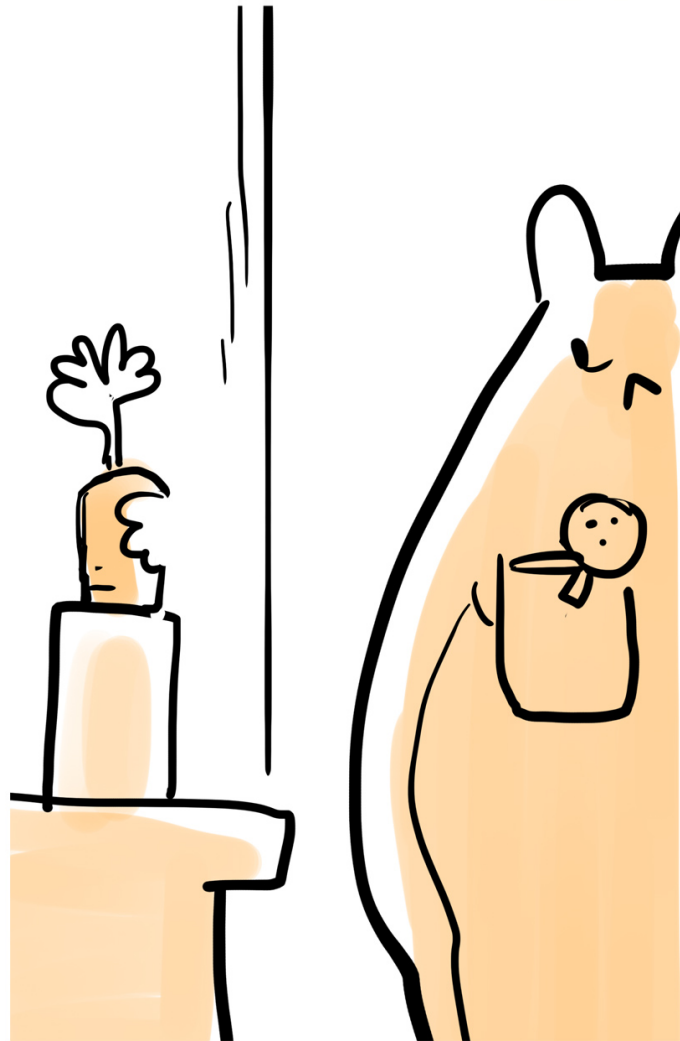
WELL, RAISINS
ARE FRUITS!



OK I DON'T KNOW
WHAT'S GOING ON HERE

I REALLY HAVE LET
MYSELF GO, HUH?





LEGSCHILLA DECIDES...



...TO MAKE HEALTHY CHOICES!

LOTS OF FRESH FRUIT
, AND VEGETABLES!



MANY GLASSES OF
REFRESHING WATER!

THE YOGURT IS FOR
INTESTINAL FLORA

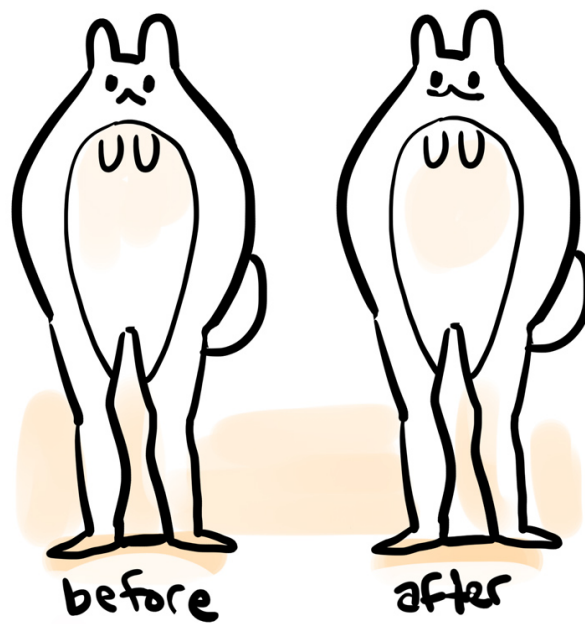


TO AID IN HEALTHY
DIGESTION!

FIND AN EXERCISE THAT
IS FUN TO DO!



AND EXERCISE OFTEN!



SOON LEGSCHILLA IS
BACK AT HIS FIGHTING
WEIGHT!

LOOKIN' GOOD,
LEGSCHILLA!



