

Once upon a time, there was a brave and girl named Noura. She was in the fifth grade and had been facing a difficult journey due to her struggle with obesity Noura and her family realized the importance of seeking help to address her health problems. Choose a capable doctor. The doctor evaluated Noura's condition and planned a comprehensive nutrition plan tailored to her basics. This resulted in the structure of healthy eating, and implicitly being active, including blood sugar levels. Noura followed her new eating plan with enthusiasm. She began making dietary choices, including fruits in her meals, and limiting herself to simple snacks. , she was allowed to play sports with her friends One sunny day, Noura's family planned a trip to the sea. They wanted to enjoy the beautiful beach and spend quality time together. Noura was excited about the outing, but her parents reminded her to be mindful of her health and to take necessary precautions, Noura had no control and began to feel weak and dizzy. It contributed to the heat and heat on her body. Suddenly she fainted, immersing her in great anxiety for her father and the rest of the family. Noura's father acted quickly and carried her out of the water. He alerted the lifeguards who were present on the beach, and they immediately called for an ambulance. Noura was rushed to the hospital, where the medical staff provided her with the necessary care and attention. Throughout her hospital stay, Noura's family remained by her side, offering support . They reassured her that setbacks can happen, but what mattered most was her determination to lead a healthier lifestyle. , Noura became even more committed to her health and well-being. She continued to follow her nutrition plan and adhere to her medication routine. With her family's support, she also joined a support group for children with diabetes, where she found comfort and encouragement from others who faced similar challenges. As Noura , she became an inspiration to her classmates and teachers. She shared her story, spreading awareness about the importance of a healthy lifestyle and the impact it can have on overall well-being. Noura's journey was a testament to the power of resilience and the .positive impact that support and determination can have on overcoming adversity