

Article I: Preamble

We the patients of the future Dr. Aroob Abdelhamid, in order to form a more perfect union, establish health, insure physical and mental tranquility, provide for our body's defense, promote our body's welfare, and secure the blessings of physical liberty, to ourselves and to our posterity, do ordain and establish a healthy life and save ourselves money.

Article II: The Problem

Due to the rising costs of healthcare, we understand that it has been getting harder for us to pay for health insurance, causing some of us to not be able to get any at all, thereby having to risk our children's health. We understand that it isn't our fault that this is happening and the Dr. Aroob Abdelhamid is trying to help solve the problem of rising healthcare costs, whether or not Obama's bill passes.

Article III: Requirements

As patients of the future pediatrician, Aroob Abdelhamid, we understand that we can save ourselves money on our medical bill. We also understand that she is the decision-maker of whether we can get the discount. We know that in order to gain the discount, we must live a healthy lifestyle. That is, we must eat a sufficient and healthy amount from the five food groups, get about an hour of exercise every day, and limit our consumption of sweets. We understand that the more we follow a healthy regimen, the more we will save.

Article IV: Details on the process

We understand that healthy foods count as points. Depending on the food, we get a different number of points. We also understand that consumption of unhealthy foods lead to negative points. At each meeting with our future pediatrician, Dr. Aroob Abdelhamid, our points will be tallied up, with proof through receipts we send to her monthly, biweekly, or weekly, as determined by Dr. Aroob Abdelhamid. Our physical activity will be determined similarly, but instead will be determined by a test of our endurance at physical activity. The more endurance we have gained since we last saw Dr. Aroob Abdelhamid, the more points we gain. She will test us maybe through a running activity, a jump-roping activity, or some other similar activity.

Article V: Promises Each Patient Makes

I promise to try my best to make living healthy a lifestyle. I promise that I will carry on my healthy lessons and habits to the future and thus ensure a healthier lifestyle for me, my family, and my posterity. I also promise to try to spread the word of the lessons I am learning to others, and to influence them in a positive way, so that they too can live better

lives. I also promise not to take the money I saved with Dr. Aroob Abdelhamid and spend it on anything that goes against her policy of living healthy e.g. spending it on McDonald's.

Article VI: Significance of Dr. Aroob's Plan

As a pediatrician, Aroob Abdelhamid is trying to help patients as much as she can by helping people live a healthier lifestyle. By providing incentives for patients to live more naturally, she is helping people save money now and in the future, for they will encounter less hospital visits, and help deter diabetes, heart disease, and stroke. She is also hoping to spread the word about a healthy lifestyle. Once patients see how much more energy and health they have, they will tell others of the miracle cure. That is how the future pediatrician Dr. Aroob Abdelhamid will change the world.

Article VII: Ratification of this Constitution

The Ratification by us, the patients, shall be sufficient for the Establishment of this Constitution.

This is done by the Unanimous vote of our bodies present this day the beginning of a healthier, wealthier life for us in the United States of America.

Bibliography

US Const., art. I-VII, XXVII