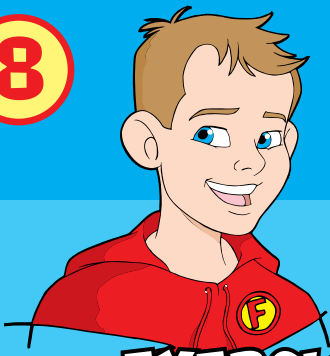


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# Freddy Fit<sup>®</sup>

EXERCISE OF THE DAY ★ HEALTH TIPS ★  
COLOURING PAGES ★ RECIPES ★ QUIZ QUESTIONS

## EXERCISE OF THE DAY



**FIT  
TIP**

### DOUBLE STRETCH



- BREATHE EASY AND RELAX
- DON'T BOUNCE, JUST HOLD AND HELP EACH OTHER

**HOLD FOR 10 SECONDS**

# HEALTH TIP



## ✓ What Are Bones Made Of?

If you've ever seen a real skeleton or fossil in a museum, you might think that all bones are dead. Although bones in museums are dry, hard, or crumbly, the bones in your body are different. The bones that make up your skeleton are all very much alive, growing and changing all the time like other parts of your body.

Almost every bone in your body is made of the same materials:

The outer surface of bone is called the periosteum (say: pare-ee-OSS-tee-um). It's a thin, dense membrane that contains nerves and blood vessels that nourish the bone.

The next layer is made up of compact bone. This part is smooth and very hard. It's the part you see when you look at a skeleton.

Within the compact bone are many layers of cancellous (say: KAN-sell-us) bone, which looks a bit like a sponge. Cancellous bone is not quite as hard as compact bone, but it is still very strong.

In many bones, the cancellous bone protects the innermost part of the

bone, the bone marrow (say: MAIR-oh). Bone marrow is sort of like a thick jelly, and its job is to make blood cells.

### How Bones Grow

When you were a baby, you had tiny hands, tiny feet, and tiny everything! Slowly, as you grew older, everything became a bit bigger, including your bones.

A baby's body has about 300 bones at birth. These eventually fuse (grow together) to form the 206 bones that adults have. Some of a baby's bones are made entirely of a special material called cartilage (say: KAR-tel-ij). Other bones in a baby are partly made of cartilage. This cartilage is soft and flexible. During childhood, as you are growing, the cartilage grows and is slowly replaced by bone, with help from calcium.

By the time you are about 25, this process will be complete. After this happens, there can be no more growth - the bones are as big as they will ever be. All of these bones make up a skeleton that is both very strong and very light.

# RECIPE



Time:  
**15**  
minutes

## Hawaiian BBQ Chicken Wraps

### Ingredients

- \* 6 whole-wheat tortillas
- \* 1 cups broccoli slaw
- \* 1 cup spinach leaves, chopped
- \* 1 cup crushed and drained canned pineapple
- \* 1 pound cooked chicken, diced
- \* 1 cup low-fat mayonnaise
- \* 1/2 cup vinegar
- \* 1/2 cup sugar
- \* 1 teaspoon poppy seeds
- \* 1 teaspoon garlic powder
- \* 1 teaspoon onion powder
- \* 1 teaspoon chili powder

### Equipment and supplies

- \* Measuring cups/spoons
- \* Knife
- \* Bowl for mixing dressing
- \* Whisk

### Method:

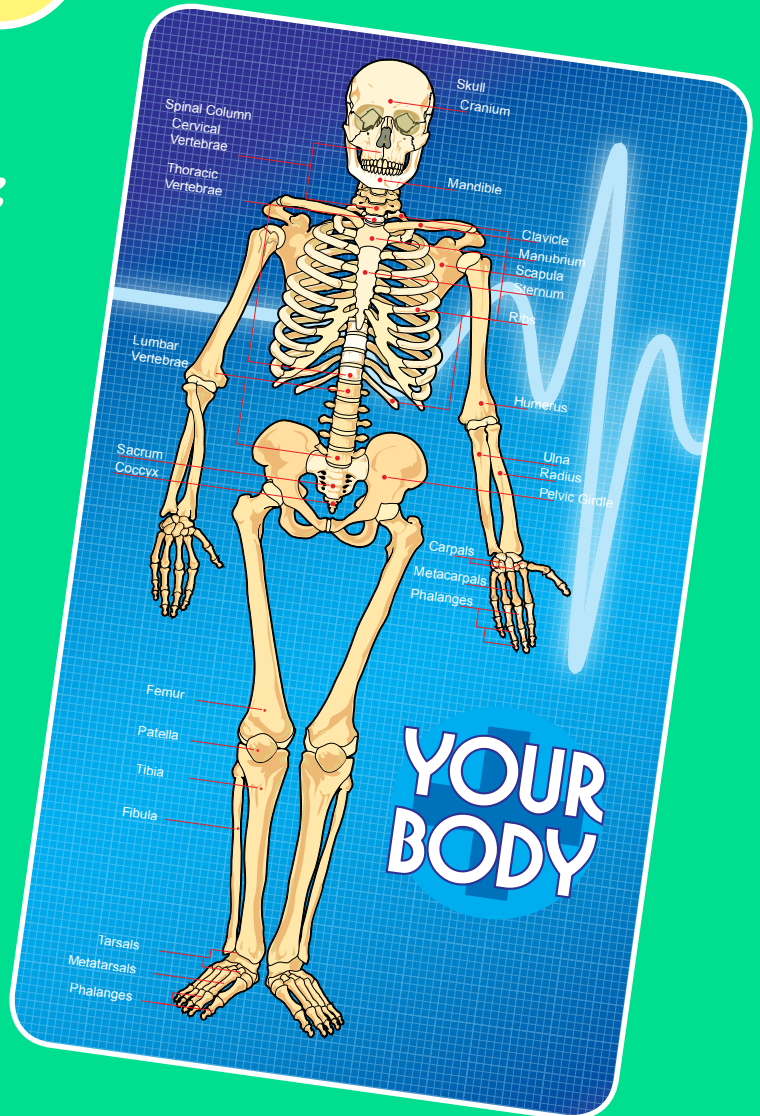
1. Prepare dressing by whisking mayonnaise, vinegar, sugar, poppy seeds, garlic powder, onion powder, and chili powder together. Set aside in refrigerator.
2. Mix broccoli slaw, drained pineapple, and spinach.
3. Put half a cup of the broccoli/pineapple/spinach mixture on a wheat wrap.
4. Top with chicken.
5. Add 1 tablespoon dressing to each tortilla.
6. Wrap tortillas, burrito style. Cut on diagonal. Serve immediately or refrigerate.

# QUIZ QUESTION



The bones in your spine are called?:

- ☐ Cartilage
- ☐ Little bones
- ☐ Ribs
- ☐ Vertebrae



Email me your answer - each correct one will be entered into a prize draw for a chance to win these fabulous Freddy Fit trading cards!

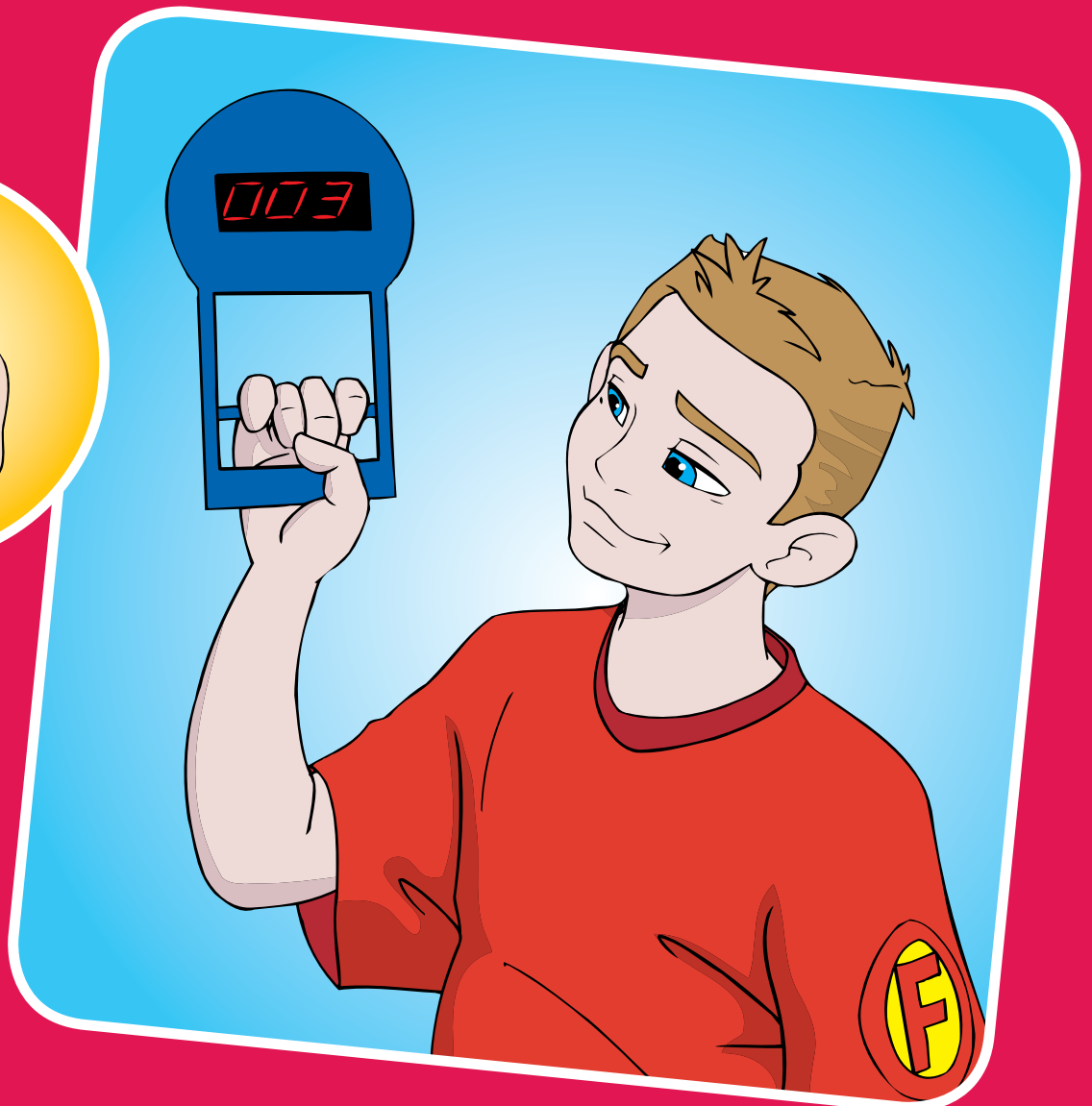
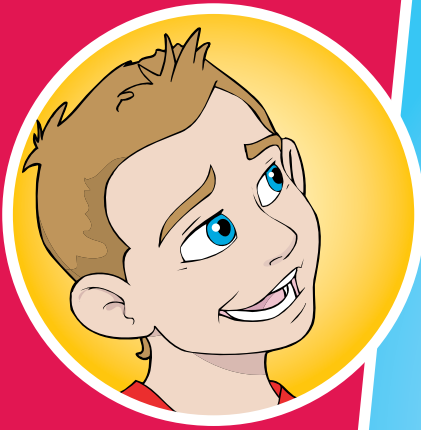
[FFitcomp@outlook.com](mailto:FFitcomp@outlook.com)



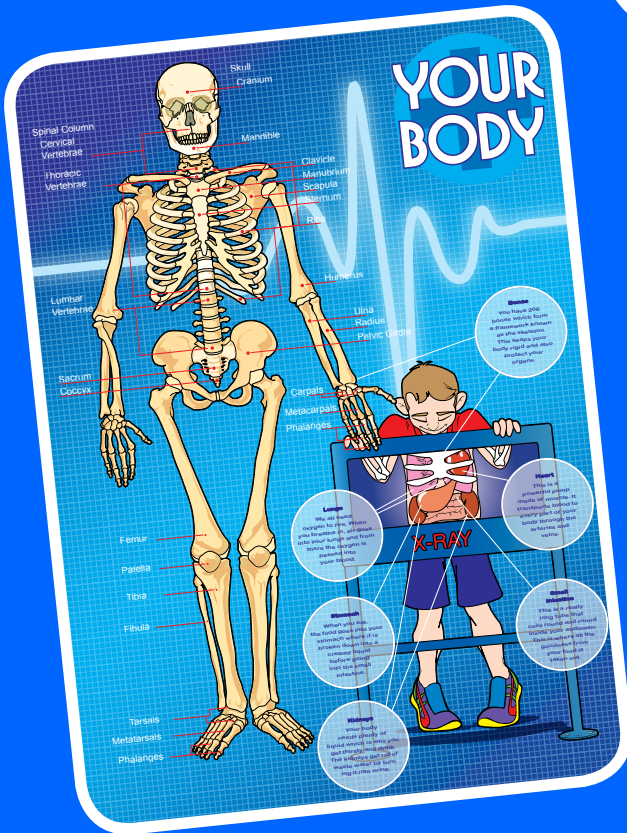
# AN AMAZING FACT!



- ! 1. Your fingers can feel a ridge as small as 13 nanometers in size (7,500x smaller than the diameter of a human hair).
- 2. Without your pinky finger, you would lose 50% of your hand's strength.



# COLOURING PAGE



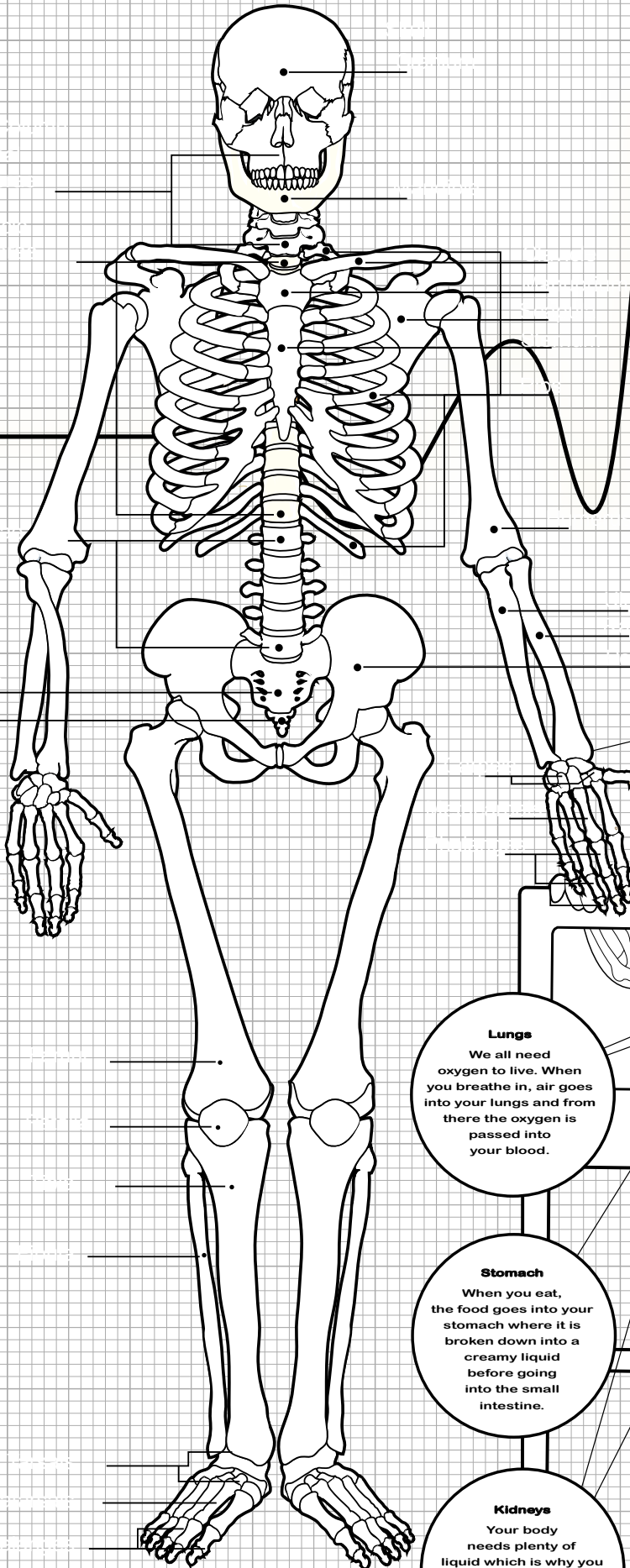
On the next page is a black and white version of this Fabulous Freddy Fit picture for you to colour yourself!



Print and colour the page then send me a photo or email me your finished art - each one will be entered into a prize draw for a chance to win these Fabulous Freddy Fit trading cards!

[FFitcomp@outlook.com](mailto:FFitcomp@outlook.com)

# YOUR BODY



## Bones

You have 206 bones which form a framework known as the skeleton. This keeps your body rigid and also protect your organs.

## Lungs

We all need oxygen to live. When you breathe in, air goes into your lungs and from there the oxygen is passed into your blood.

## Heart

This is a powerful pump made of muscle. It transports blood to every part of your body through the arteries and veins.

## Stomach

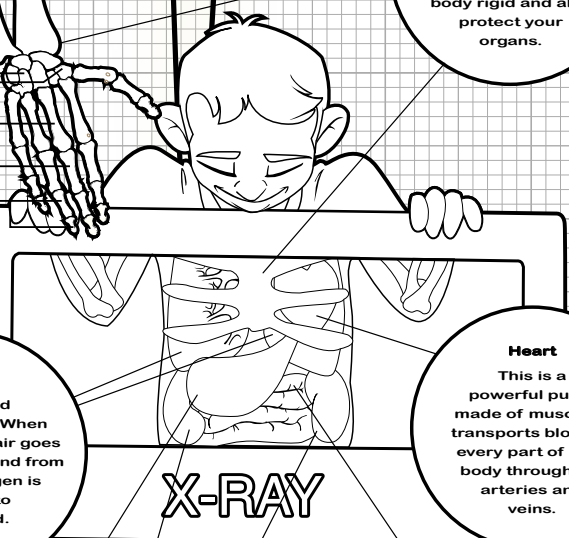
When you eat, the food goes into your stomach where it is broken down into a creamy liquid before going into the small intestine.

## Small Intestine

This is a really long tube that coils round and round inside your abdomen. This is where all the goodness from your food is taken out.

## Kidneys

Your body needs plenty of liquid which is why you get thirsty and drink. The kidneys get rid of waste water by turning it into urine.



X-RAY