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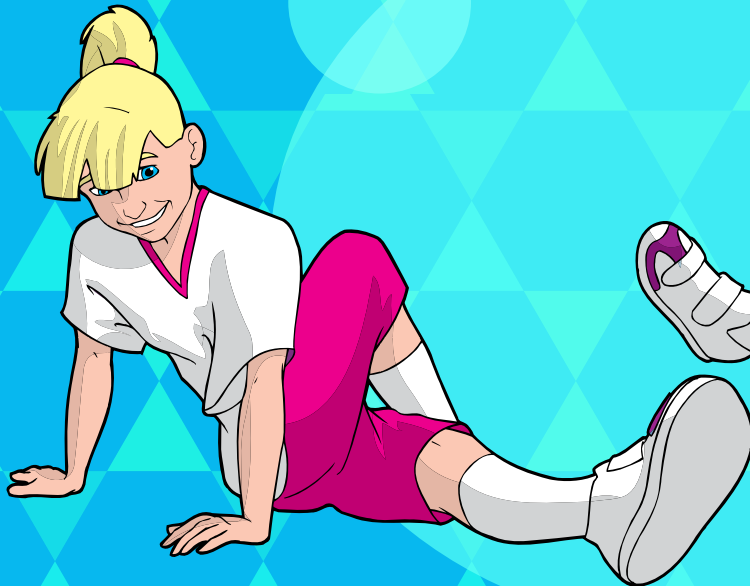
# Freddy Fit<sup>®</sup>

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

## EXERCISE OF THE DAY



### STRETCH & FLEX



- Hold for 20 seconds
- Relax and breath

**3 x each  
side**

# HEALTH TIP



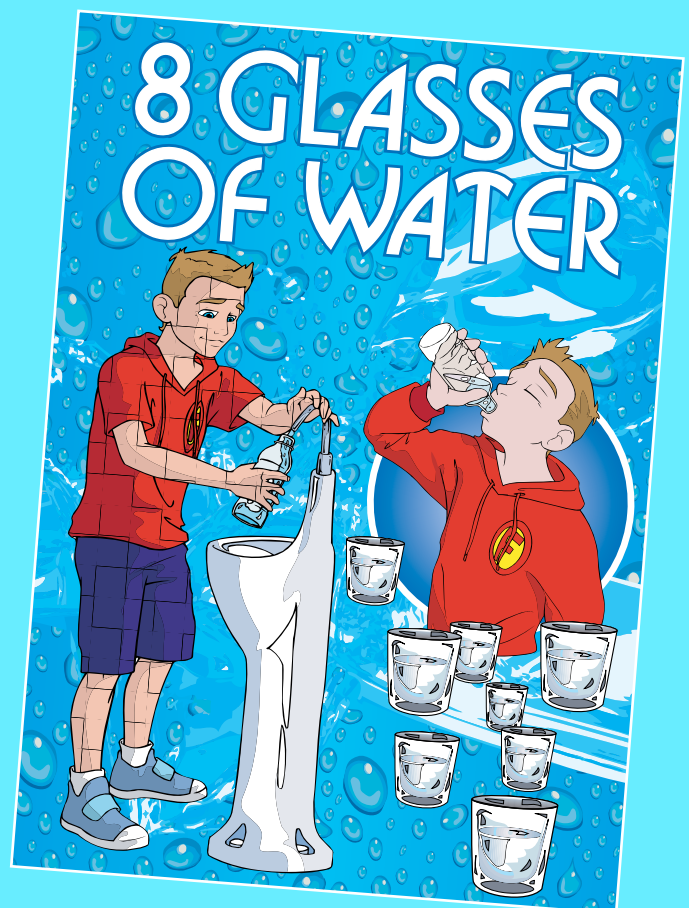
## ✓ Water

Without water, your body would stop working properly. Water makes up more than half of your body weight, and a person can't survive for more than a few days without it. Why? Your body has lots of important jobs and it needs water to do many of them. For instance, your blood, which contains a lot of water, carries oxygen to all the cells of your body. Without oxygen, those tiny cells would die and your body would stop working.

Water is also in lymph (say: limf), a fluid that is part of your immune system, which helps you fight off illness. Water helps keep your temperature normal. You need water to digest your food and get rid of waste. Water is needed for digestive juices, urine (pee), and poop. And you can bet that water is the main ingredient in perspiration, also called sweat.

Besides being an important part of the fluids in your body, water is needed by each cell to work.

Your body doesn't get water only from drinking water. Any fluid you drink will contain water, but water and milk are the best choices. Lots of foods contain water too. Fruit contains quite a bit of water, which you could probably tell if you've ever bitten into a peach or plum and felt the juices dripping down your chin. Vegetables also contain a lot of water - think of slicing into a fat tomato or crunching into a crisp stalk of celery.



# RECIPE



## Banana Pancakes

### Ingredients

- \* 1 cup all-purpose flour
- \* 2 tablespoons sugar
- \* 2 teaspoons baking powder
- \* 1/4 teaspoon salt
- \* 1 egg
- \* 1 cup milk (I use 1%)
- \* 1 teaspoon pure vanilla extract
- \* 2 tablespoons vegetable oil
- \* 2 ripe bananas mashed
- \* 2 teaspoons butter
- \* sliced bananas and maple syrup for serving

### V Vegetarian

#### Method:

1. In a large bowl mix together the flour, sugar, baking powder and salt.
2. Add the egg, milk, vanilla, oil and bananas; stir until thoroughly combined (batter may be slightly lumpy).
3. Melt the butter on a non stick griddle over medium heat.
4. Pour 1/4 cup sized pancakes onto the griddle. Cook until bubbles cover surface, 2 to 3 minutes. Flip, and cook until bottom is golden, about 1-2 minutes more.
5. Serve immediately and top with maple syrup and banana slices if desired.

# QUIZ QUESTION



? How many glasses of water should we drink per day?

- ☐ 50
- ☐ 8
- ☐ 300



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!



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# AN AMAZING FACT!



1. 68% of the fresh water on Earth is trapped in glaciers.
2. About 6,800 gallons of water is required to grow a day's food for a family of four.
3. 70% of the human brain is water.
4. Children in the first 6 months of life consume seven times as much water per pound as an adult.



# 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!

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# KEEP CLEAN!

