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Freddy Fit

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

EXERCISE OF THE DAY



PRESS UPS

**FIT
TIP**



● PRESS UPS WILL
HELP MAKE YOUR
ARMS AND LEGS
STRONG

**TRY 10
EACH TIME**

HEALTH TIP



✓ Why We All Need Water

What do you think is the best drink in the world?

Well it might not taste of anything, but plain old water really is the best drink in the whole world!

Do you know why water is so amazing?

Over half of your body is water.

Every single cell in your body is mostly made of water and needs to be surrounded by water all the time to work properly. This is because the water in your body performs a huge number of important functions that keep you healthy.

1 Water transport things around your body

Water is the main ingredient of your body fluids such as digestive juices, blood, lymph and urine (wee). Your blood acts as a transport system. It carries good things like oxygen and food to all the cells in your body and removes the things that your cells don't want such as carbon dioxide.

Lymph is a liquid that carries germs and toxins away from your body. Urine allows your body to flush out waste and excess water completely.

2 It keeps you cool

Your body needs to keep itself at a temperature of 37°C at all times. If the weather is very hot or if you have been exercising your body uses water to cool you down by sweating. When you exercise your muscles create a lot of heat and sweating helps your body remove this heat.

Our bodies are losing water all the

time - when we go to the toilet, when we sweat and even when we breathe - so we need to replace it to keep our bodies in balance.

3 How much water do we need to drink?

The amount of water you need to drink depends on what you are doing and how hot it is. You will need to drink more water than usual when you play sports or are running about so it's a good idea to keep a bottle of water nearby so you can top up as you go.

You also need to drink more when in very hot weather. If you don't drink enough water you could end up with dehydration which will make you feel sick and. If you get very dehydrated it can be very dangerous indeed. Your brain will tell you when you need to drink by making you feel thirsty. You can also tell when you are dehydrated by the colour of your urine. When your body is short of water, you will go to the toilet less often, and your urine will be dark yellow in colour. If you are drinking enough your urine will be pale and there will be more of it!

4 Do we have to drink water?

Plain water is by far the best drink you can give your body, but all drinks such as fruit juices and milk also contain water. You just have to be careful about how much fruit juices or pop you drink as they often contain a lot of sugar which isn't good for your teeth.

Did you know that certain foods also contain water? Fruit and vegetables in particular contain a lot of water in their juice so tucking in to an apple or a peach is a good way to help top up your water levels.

RECIPE



Time:
10
minutes

Turkey, Tomato and Cheese Panini Sandwiches

- * Sliced bread
- * Olive oil
- * Sliced Fresh tomatoes
- * Turkey slices
- * Grated cheddar cheese

Paninis are delicious and quick to make and can be made with a variety of food.

The main ingredient in this panini is turkey, very low in fat and high in protein.

Cheese is also high in protein and calcium, which helps to strengthen bones and teeth.

Tomatoes are high in vitamin C which helps protect cells and keeps them healthy.

Method:

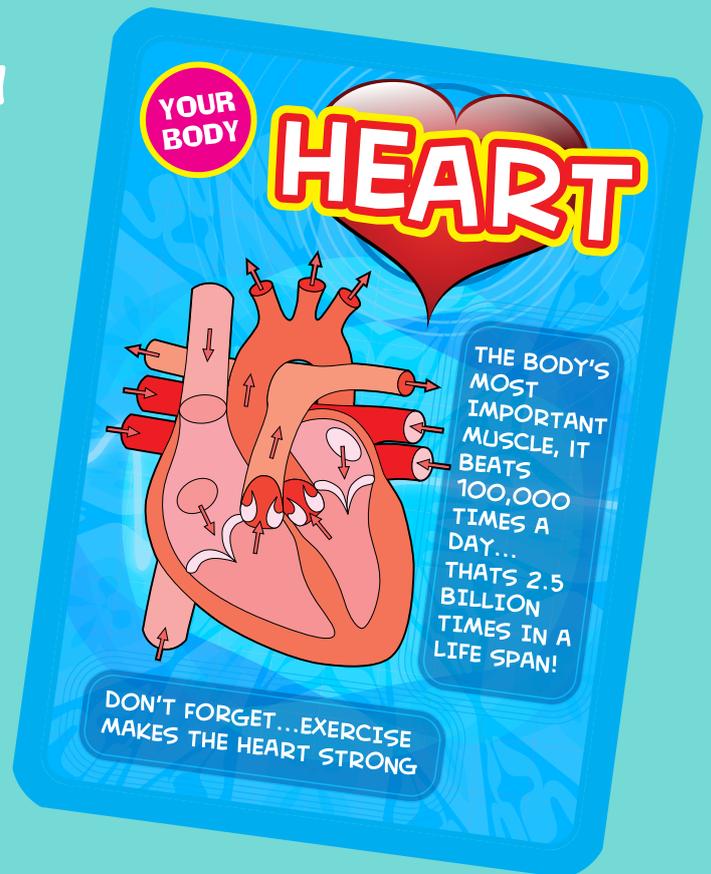
1. Take a slice of bread and brush one side with olive oil.
2. Place the slice of bread oil side down onto a toasted sandwich maker.
3. Place the sliced tomatoes, turkey slices and cheddar cheese onto the bread.
4. Take another slice of bread and once again brush olive oil onto one side.
5. Place the bread olive oil side up onto your sandwich and push downwards, flattening the sandwich a little.
6. Grill the sandwich for 2 to 5 minutes until bread has toasted and cheese has melted.
7. Serve on a plate with some salad and enjoy!

QUIZ QUESTION



? Which of these activities would make you need more water than usual?

- When it is hot outside and you are out playing
- When you are watching TV
- When you are reading

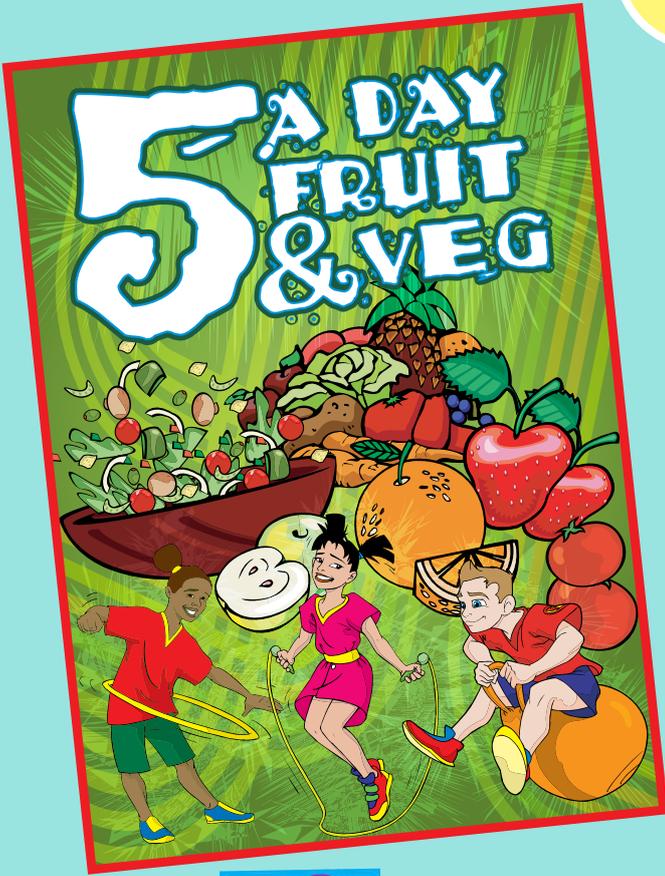


Email me your answer - each correct one will be entered into a prize draw for a chance to win these fabulous Freddy Fit trading cards!



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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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5 A DAY FRUIT & VEG

