

6



Freddy Fit[®]

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

EXERCISE OF THE DAY



**FIT
TIP**

CRISS CROSS



- CRISS CROSS YOUR ARMS AND LEGS BACK AND FORWARD
- RELAX AND BREATHE

**20 EACH
TIME**

HEALTH TIP



✓ 7 Reasons To Exercise For 1 Hour Every Day

Eating a balanced diet isn't the only thing you need to do to keep your body healthy. Exercise helps strengthen your bones and muscles which can help you stay fit and active when you are older. Freddy recommends doing at least 1 hour of exercise every day to keep us fit and strong.

1 Exercise is good for your heart

Did you know your heart is actually a muscle? Like other muscles in your body, your heart will get bigger and stronger with exercise because it has to pump blood round your body faster.

1 Exercise makes your body better

Some activities such as football or skipping can make you stronger so you can run faster or for longer. Some exercise such as dancing and yoga makes your body more flexible and others like cricket might improve other skills such as batting or catching.

1 Exercise is good for your mood

Whilst different exercises maybe be good for different parts of your body, all exercise is good for your mood! When you exercise, your brain releases feel good chemicals which make you feel happier and more relaxed.

1 Exercise Helps You Concentrate

Believe it or not, exercising every day actually helps your concentration by improving the blood flow to your brain. This helps you stay alert and provides the nutrients and oxygen your brain needs to work at its best.

1 Exercise Helps You Sleep Better

Although it's best not to exercise just before bed, exercising during the day or after school will increase your body temperature and releases tension. As your body cools down afterwards over the next few hours it makes it easier to fall into a deep sleep.

1 Practice Makes Perfect

You may find you love a particular sport such as netball, karate, swimming or football. Regular practice will help you become even better at playing your favourite sports as well as keep your body healthy.

1 Exercise is Fun!

Exercise can be great fun, especially if you do it with friends. Remember you don't have to enjoy playing sports to exercise. Running about with your friends, riding your bike, roller blading or even skipping are all classed as exercise too so there are plenty of fun ways to stay active.

RECIPE



Chicken Pasta

Ingredients

- * 1 pound chicken breast
- * 1/8 teaspoon salt
- * 1/8 teaspoon black pepper, ground
- * 3 cup chicken broth, low-sodium
- * 8 ounce penne pasta, dry
- * 3 cup broccoli, florets
- * 3/4 cup Greek yogurt, plain
- * 1 cup sun-dried tomatoes
- * 1/3 cup Parmesan cheese, grated
- * 1/8 teaspoon salt
- * 1/8 teaspoon black pepper, ground

Method:

1. After you have cut your chicken into bite-sized pieces, season it with salt and pepper.
2. In a large stock pot, add the chicken, 2 cups of the stock, and pasta.
3. Bring to a boil and boil for 7-8 minutes, stirring frequently.
4. Add the chopped broccoli, the remaining 1 cup of stock, and the yogurt. Stir well.
5. Continue to boil, stirring frequently, for an additional 7-9 minutes, until the pasta and chicken are cooked.
6. Stir in the sun dried tomatoes and parmesan cheese.
7. Taste and add salt and pepper as needed.
8. Enjoy!

QUIZ QUESTION



? Which of these statements is False?

- ☐ Exercise makes your brain release good chemicals that make you feel happy
- ☐ Exercise makes it harder to sleep
- ☐ Exercise makes your heart stronger so it can pump blood round the body faster



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!

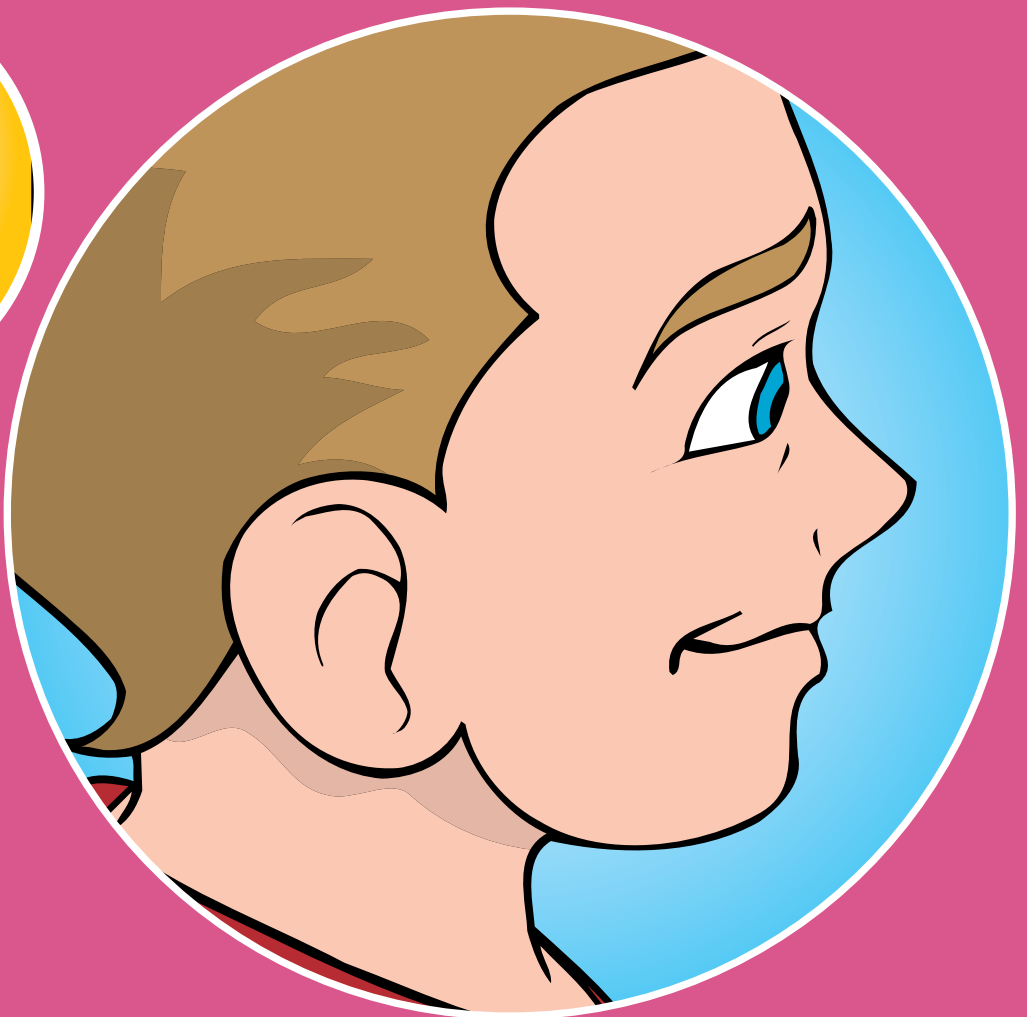
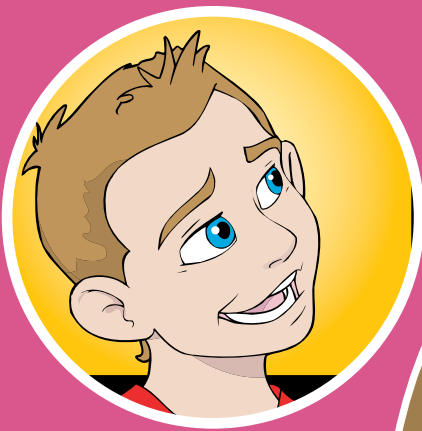


FFitcomp@outlook.com

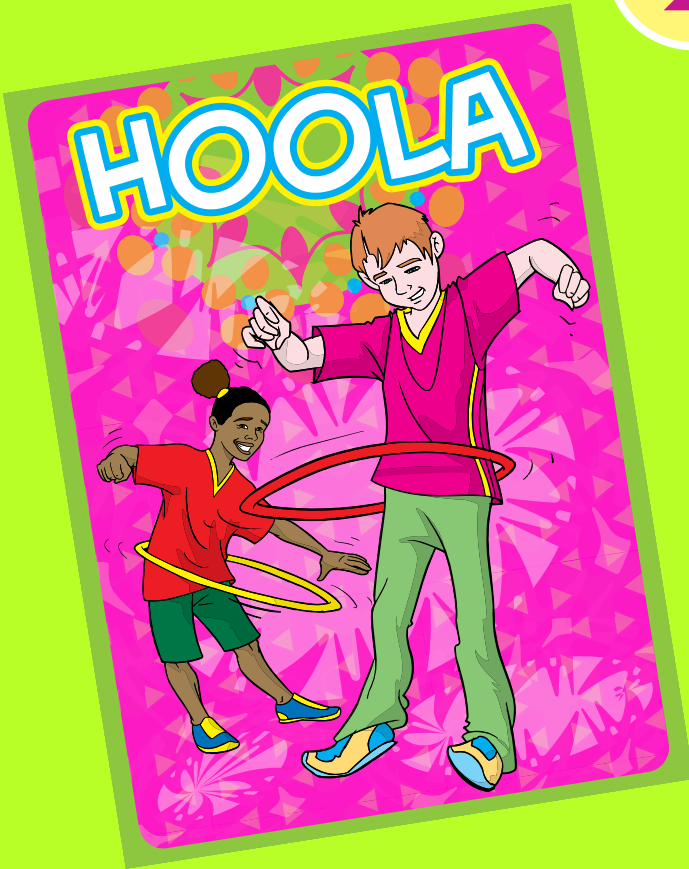
AN AMAZING FACT!



1. The smallest bone found in the human body is located in the middle ear.
2. The staples (or stirrup) bone is only 2.8 millimetres long.
3. Your nose and ears continue growing throughout your entire life.



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

HOOOLA

