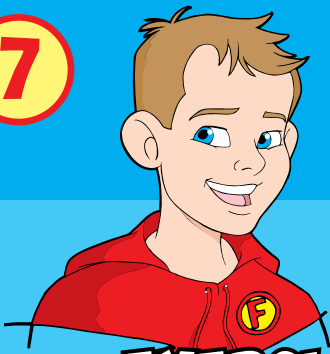


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# Freddy Fit<sup>®</sup>

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

## EXERCISE OF THE DAY



**FIT  
TIP**

### STRETCH



- THIS STRETCH IS GOOD FOR LEGS AND BACK
- RELAX AND BREATHE OUT

**HOLD FOR 10 SECONDS**

# HEALTH TIP



## ✓ Muscles

Did you know you have more than 600 muscles in your body? They do everything from pumping blood throughout your body to helping you lift your heavy backpack. You control some of your muscles, while others - like your heart - do their jobs without you thinking about them at all.

You have three different types of muscles in your body: smooth muscle, cardiac (say: KAR-dee-ak) muscle, and skeletal (say: SKEL-uh-tul) muscle.

### Smooth Muscles

Smooth muscles — sometimes also called involuntary muscles — are usually in sheets, or layers, with one layer of muscle behind the other. You can't control this type of muscle. Your brain and body tell these muscles what to do without you even thinking about it. You can't use your smooth muscles to make a muscle in your arm or jump into the air.

### A Hearty Muscle

The muscle that makes up the heart is called cardiac muscle. It is also known as the myocardium (say: my-uh-KAR-dee-um). The thick muscles of the heart contract to pump blood out and then relax to let blood back in after it has circulated through the body.

### Skeletal Muscle

Muscles Diagram Now, let's talk about the kind of muscle you think of when we say "muscle" — the ones that show how strong you are and let you boot a soccer ball into the goal. These are your skeletal muscles - sometimes called striated (say: STRY-ay-tud) muscle because the light and dark parts of the muscle fibers make them look striped (striated is a fancy word meaning striped).

### Face Muscles

You may not think of it as a muscular body part, but your face has plenty of muscles. You can check them out next time you look in the mirror. Facial muscles don't all attach directly to bone like they do in the rest of the body. Instead, many of them attach under the skin. This allows you to contract your facial muscles just a tiny bit and make dozens of different kinds of faces. Even the smallest movement can turn a smile into a frown. You can raise your eyebrow to look surprised or wiggle your nose.

### Major Muscles

Because there are so many skeletal muscles in your body, we can't list them all here. But here are a few of the major ones:

In each of your shoulders is a deltoid (say: DEL-toyd) muscle. Your deltoid muscles help you move your shoulders every which way — from swinging a softball bat to shrugging your shoulders when you're not sure of an answer.

The pectoralis (say: pek-tuh-RAH-lus) muscles are found on each side of your upper chest. These are usually called pectorals (say: PEK-tuh-rulz), or pecs, for short. When many boys hit puberty, their pectoral muscles become larger. Many athletes and bodybuilders have large pecs, too.

Below these pectorals, down under your ribcage, are your rectus abdominus (say: REK-tus ab-DAHM-uh-nus) muscles, or abdominals (say: ab-DAHM-uh-nulz). They're often called abs for short.

# RECIPE



Time:  
**5-10**  
minutes

## *Cream Cheese Sandwich*

Note: You'll want to keep these sandwiches refrigerated. They'll keep for 8 hours, tightly wrapped.

### Ingredients

- \* 3/4 cup light cream cheese, slightly softened
- \* 8 slices of whole-wheat bread
- \* half a large cucumber, thinly sliced

### Equipment and supplies

- \* Large knife
- \* Plastic wrap (optional)
- \* Cutting board

**V** Vegetarian

### Method:

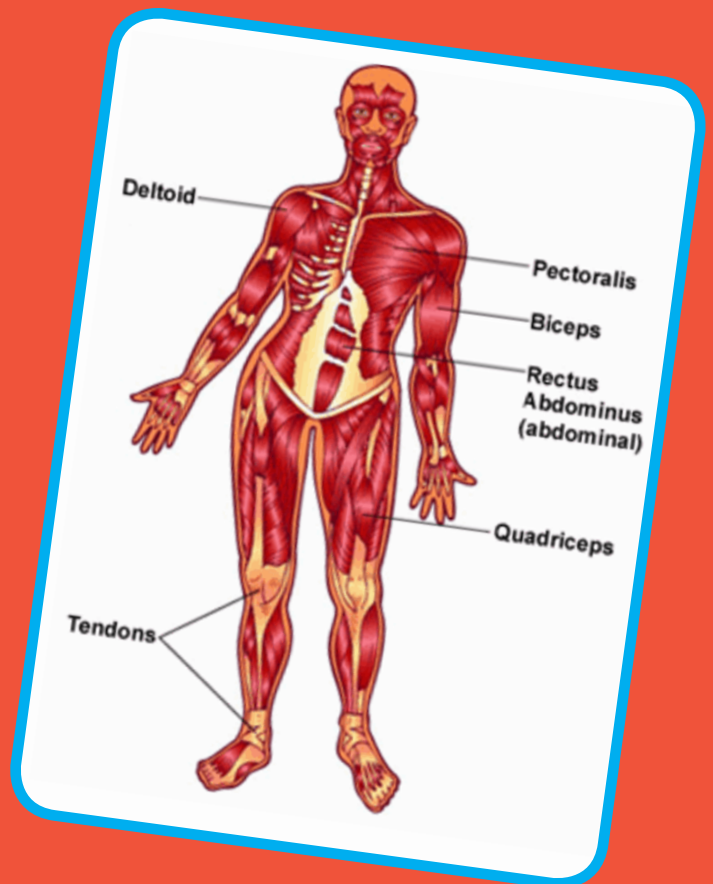
1. Spread each slice of bread with cream cheese (about 3 tablespoons per sandwich).
2. Place about 4 cucumber slices on 4 of the slices of bread and top with remaining bread slices.
3. Cut into quarters and serve immediately or wrap sandwiches and save for later.

# QUIZ QUESTION



? The muscle that pumps blood throughout your body is?:

- ☐ Skeletal muscle
- ☐ Smooth muscle
- ☐ Valentine muscle
- ☐ Cardiac muscle



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!



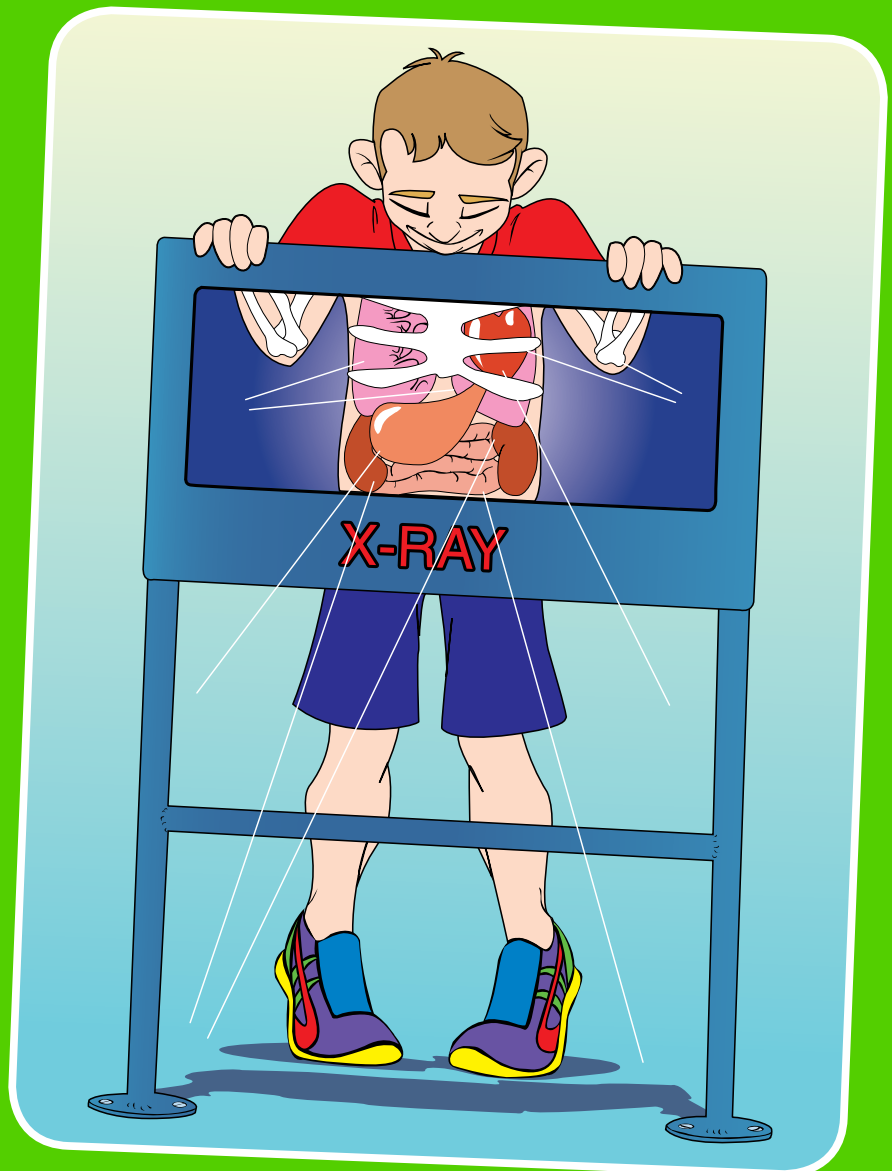
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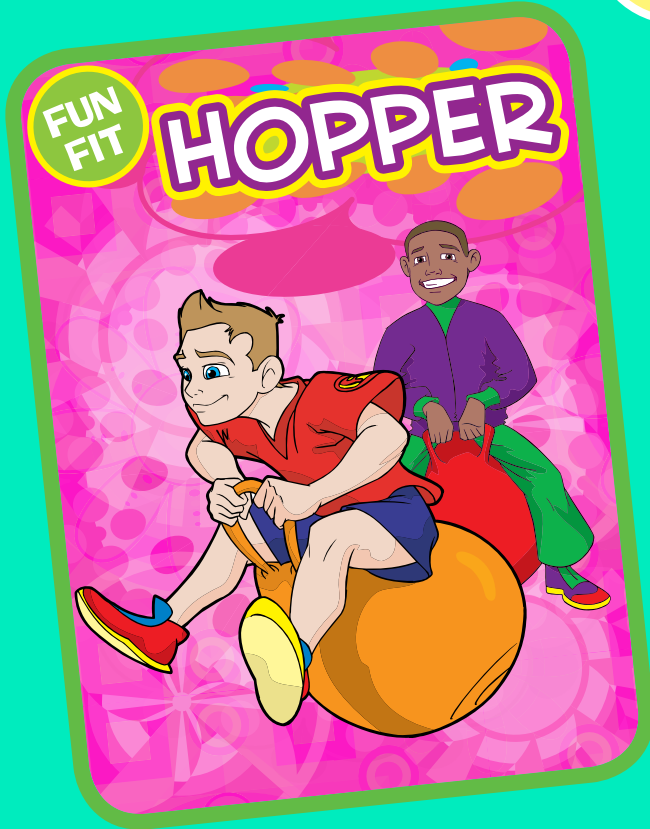
# AN AMAZING FACT!



1. The adult body is made up of: 100 trillion cells, 206 bones, 600 muscles, and 22 internal organs.
2. Every hour about 1 billion cells in the human body must be replaced.
3. The average human head has about 100,000 hairs.



# 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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# HOPPER

