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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**

**BENT  
LEG  
CYCLE**



- Alternate leg change in cycle action

**20 x  
each leg**

# HEALTH TIP



## ✓ A Look Inside the Lungs

From the outside, lungs are pink and a bit squishy, like a sponge. But the inside contains the real lowdown on the lungs! At the bottom of the trachea (say: TRAY-kee-uh), or windpipe, there are two large tubes. These tubes are called the main stem bronchi (say: BRONG-kye), and one heads left into the left lung, while the other heads right into the right lung.

Each main stem bronchus (say: BRONG-kuss) — the name for just one of the bronchi — then branches off into tubes, or bronchi, that get smaller and even smaller still, like branches on a big tree. The tiniest tubes are called bronchioles (say: BRONG-kee-oles), and there are about 30,000 of them in each lung. Each bronchiole is about the same thickness as a hair.

At the end of each bronchiole is a special area that leads into clumps of teeny tiny air sacs called alveoli (say: al-VEE-oh-lie). There are about 600 million alveoli in your lungs and if you stretched them out, they would cover an entire tennis court. Now that's a load of alveoli! Each alveolus (say: al-VEE-oh-luss) — what we call just

one of the alveoli — has a mesh-like covering of very small blood vessels called capillaries (say: KAP-ill-er-ees). These capillaries are so tiny that the cells in your blood need to line up single file just to march through them.

Every time you inhale air, dozens of body parts work together to help get that air in there without you ever thinking about it.

As you breathe in, your diaphragm contracts and flattens out. This allows it to move down, so your lungs have more room to grow larger as they fill up with air. And the diaphragm isn't the only part that gives your lungs the room they need. Your rib muscles also lift the ribs up and outward to give the lungs more space.

At the same time, you inhale air through your mouth and nose, and the air heads down your trachea, or windpipe. On the way down the windpipe, tiny hairs called cilia (say: SILL-ee-uh) move gently to keep mucus and dirt out of the lungs. The air then goes through the series of branches in your lungs, through the bronchi and the bronchioles.

# RECIPE



## Broccoli & Cheese Omelet

### Ingredients

- \* 2 teaspoons extra-virgin olive oil
- \* 1 cup finely chopped broccoli
- \* 1 cup finely chopped spinach
- \* 1 large egg
- \* 1 tablespoon reduced-fat milk
- \* 2 tablespoons shredded Monterey Jack cheese
- \* 1 teaspoon salt
- \* 1 tablespoon reduced-fat sour cream
- \* 1 tablespoon finely chopped chives

### **V** Vegetarian

#### Method:

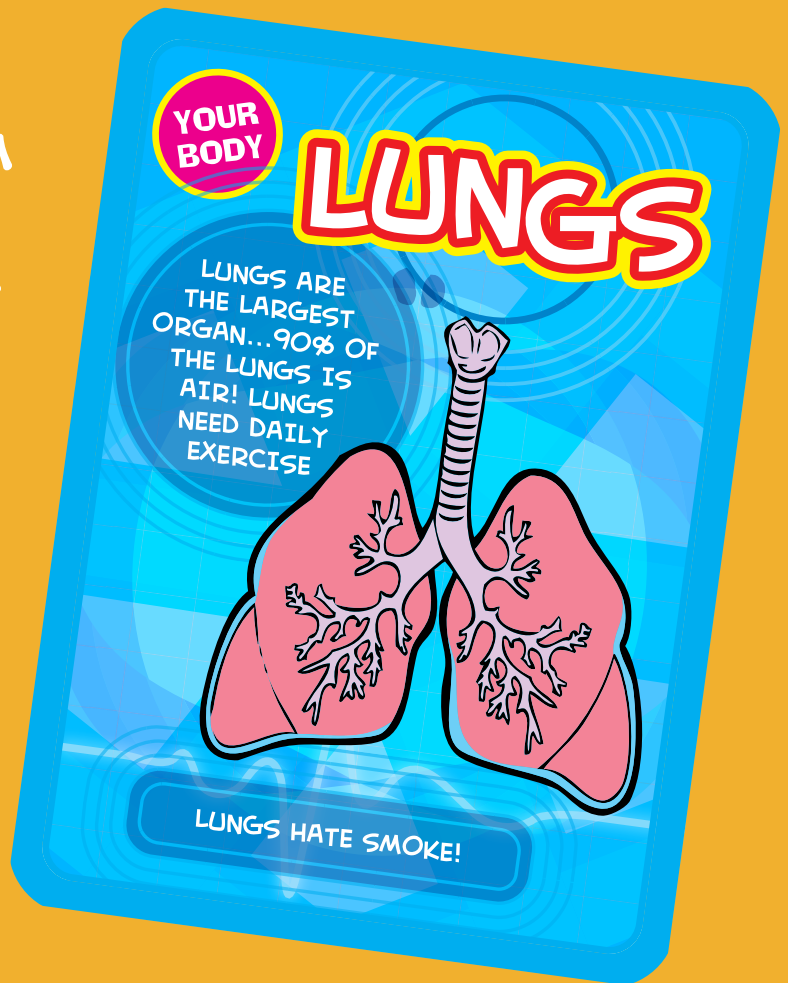
1. Heat oil in a small nonstick skillet over medium heat. Add broccoli and spinach and cook, stirring occasionally, until bright green and tender, 2 to 4 minutes.
2. Meanwhile, whisk egg and milk in a small bowl. Add the mixture to the pan and stir briefly to combine with the vegetables. Cook, tilting the pan and letting egg run under the edges, until the egg forms a thin, even layer. Continue to cook, reducing the heat if starting to brown, until just slightly wet, 1 to 2 minutes. Sprinkle with cheese and salt. Use a spatula to roll into an omelet. Serve topped with sour cream and chives.

# QUIZ QUESTION



Your body couldn't breathe without this system.  
Which one is it?

- ☐ Perspiration system
- ☐ Respiratory system
- ☐ Photosynthesis
- ☐ Urinary system



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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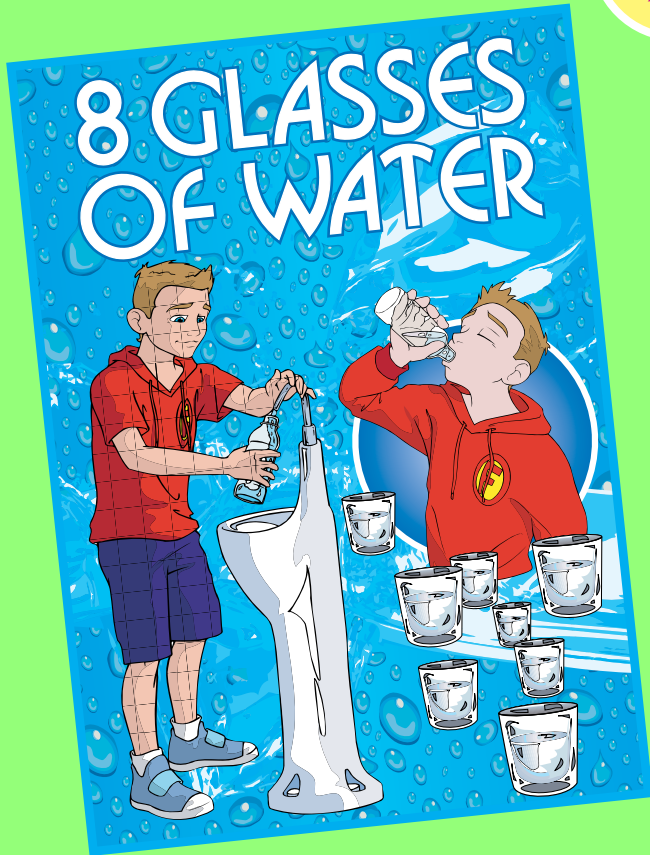
# AN AMAZING FACT !



1. Your left and right lungs aren't exactly the same. The lung on the left side of your body is divided into two lobes while the lung on your right side is divided into three. The left lung is also slightly smaller, allowing room for your heart.
2. Can you live without one lung? Yes you can, it limits your physical ability but doesn't stop you from living a relatively normal life. Many people around the world live with just one lung.



# 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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# 8 GLASSES OF WATER

