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Freddy Fit[®]

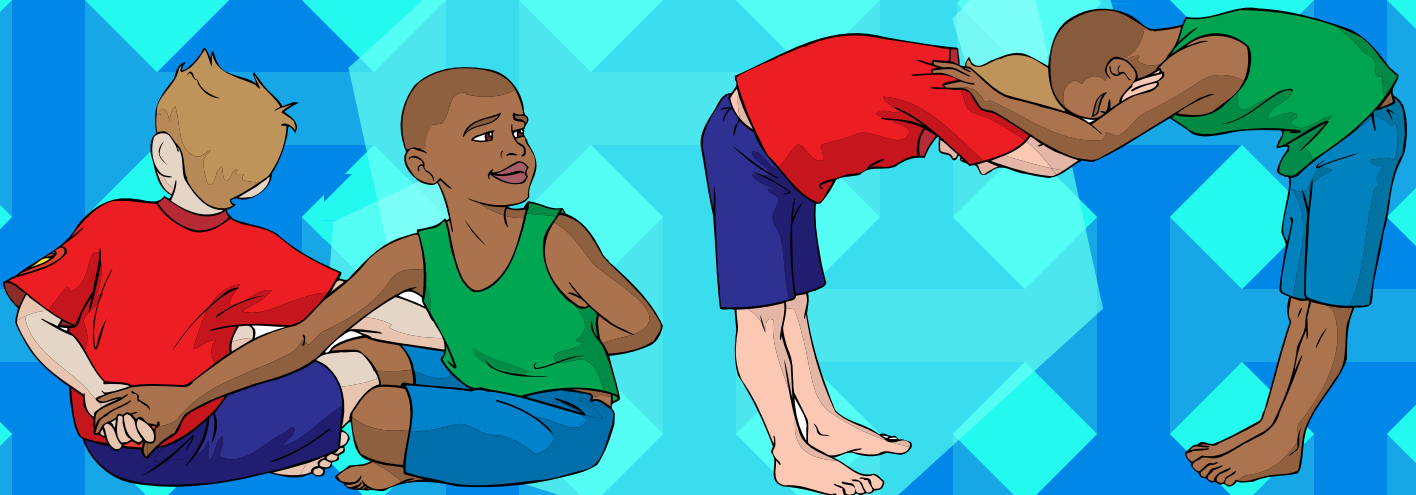
EXERCISE OF THE DAY ★ HEALTH TIPS ★
COLOURING PAGES ★ RECIPES ★ QUIZ QUESTIONS

EXERCISE OF THE DAY



**FIT
TIP**

DOUBLE STRETCH



- BREATHE EASY AND RELAX
- DON'T BOUNCE, JUST HOLD AND HELP EACH OTHER

HOLD FOR 10 SECONDS

HEALTH TIP



✓ Sleep

Sleep is more important than you may think. Can you think of a time when you didn't get enough sleep? That heavy, groggy feeling is awful and, when you feel that way, you're not at your best. So if you're not too tired, let's talk about sleep.

Why You Need Sleep

The average kid has a busy day. There's school, taking care of your pets, running around with friends, going to sports practice or other activities, and doing your homework. By the end of the day, your body needs a break. Sleep allows your body to rest for the next day.

Everything that's alive needs sleep to survive. Even your dog or cat curls up for naps. Animals sleep for the same reason you do — to give your body a tiny vacation.

Your Brain Needs Zzzzzs

Your body and your brain need sleep. Though no one is exactly sure what work the brain does when you're sleeping, some scientists think that the brain sorts through and stores information, replaces chemicals, and solves problems while you snooze.

Most kids between 5 and 12 get about 9.5 hours a night, but experts agree that most need 10 or 11 hours each night. Sleep is an individual thing and some kids need more than others.

When your body doesn't have enough hours to rest, you may feel tired or cranky, or you may be unable to think clearly. You might have a hard time following directions, or you might have an argument with a friend over something really stupid. A school assignment that's normally easy may feel impossible, or you may feel clumsy playing your favorite sport or instrument.

One more reason to get enough sleep: If you don't, you may not grow as well. That's right, researchers believe too little sleep can affect growth and your immune system — which keeps you from getting sick.



RECIPE



Time:
30
minutes

Mini Banana & Blueberry Breads

Ingredients

- * 2 cups self-raising flour
- * 1 teaspoon bicarbonate of soda
- * 1 teaspoon ground cinnamon
- * 1/2 cup caster sugar
- * 3/4 cup buttermilk
- * 1/4 cup vegetable oil
- * 2 eggs
- * 1 teaspoon vanilla extract
- * 1 overripe banana, mashed
- * 1 cup fresh blueberries or frozen blueberries
- * Extra 1 banana, sliced

V Vegetarian

Method:

Step 1

Preheat oven to 190C/170C Fan-Forced. Grease an 8-hole 3/4 cup-capacity mini loaf pan. Line base and 2 long sides with baking paper, extending paper 1cm above edges of pans.

Step 2

Sift flour, bicarbonate of soda and cinnamon in a large bowl. Stir in sugar. Whisk buttermilk, oil, eggs, vanilla and mashed banana in a medium bowl. Add buttermilk mixture to flour mixture. Stir until just combined. Fold in blueberries.

Step 3

Spoon into prepared pan holes. Smooth top. Arrange extra banana over batter.

Step 4

Bake for 15 minutes or until a skewer inserted into centre of each loaf comes out clean. Cool in pan for 5 minutes. Turn, top-side up, onto a wire rack to cool completely. Store in an airtight container at room temperature.

QUIZ QUESTION

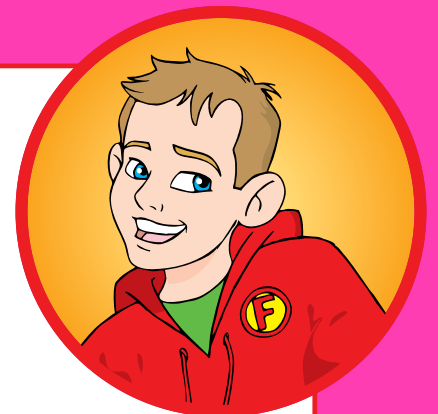


? What might happen when you don't get enough sleep?

- ☐ You might be Forgetful
- ☐ You might Feel angry or sad
- ☐ You might have a hard time paying attention to things



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!



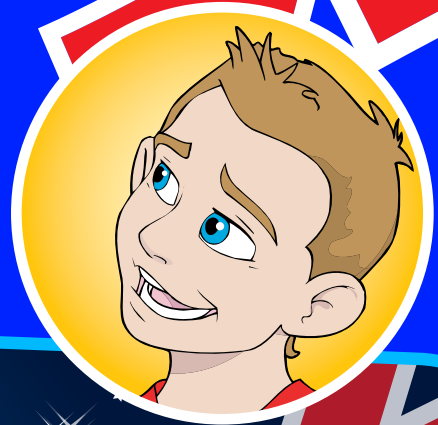
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AN AMAZING FACT!



We spend about one-third of our time on Planet Earth asleep.

That's about 16 hours a night as infants, 9 hours as teens and 7 to 8 hours as adults



at least...

8 hours sleep



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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YOUR MUSCLES!

