

Section 1: Using good examples

Extract 3: Fit and fantastic!

Wake up. Watch TV. Get a lift to school. Stay in at playtime. Get a lift back from school. Play computer games. Go to bed.

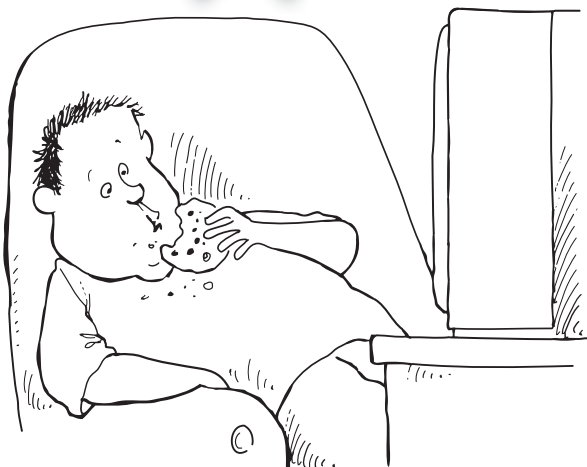
Does that sound like your life? If it does, you could be storing up a lot of trouble for the future! You could end up overweight and unfit, and even with serious health problems.

Doctors agree that we all need some exercise in order to stay healthy, but don't panic! Even if you don't enjoy sport, there are lots of fun ways you can keep moving and get active. Just look at these great ideas for a start!

I love going swimming on Saturdays with my friends. Swimming's brilliant, and it keeps you fit!
(Ross, 9)

I really like going out with my friends on our bikes. Cycling is a great way to get to places, and get some exercise too!
(Ella, 12)

I like helping my grandad do the gardening. All that digging and weeding keeps us both fit!
(Carly, 10)



© Mike Phillips/Beehive Illustration

So give it a go! Get moving, and you'll be surprised how good it makes you feel. *Instead of being a couch-potato blob, you can be fit and fantastic!*