

WHY GET ACTIVE?

The best way to get active is to make exercise part of your daily routine – it is recommended that you do at least an hour of exercise every day. This can include walking to school, playing in the playground, being involved in team games and climbing the stairs. It all adds up. A variety of activities is also important as you need two different types of activity every week:

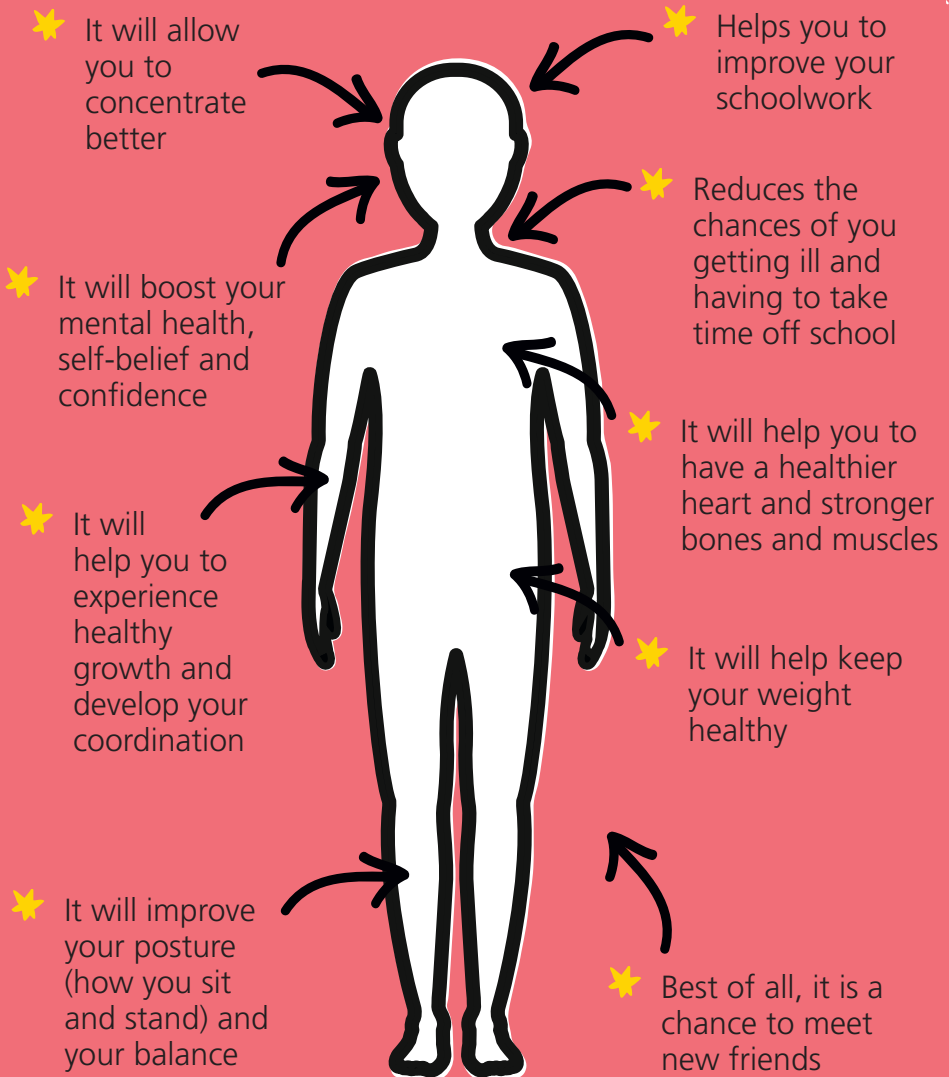
- ★ **Aerobic** – exercise that gets your heart pumping and makes your muscles use oxygen, like swimming, running and cycling
- ★ **Anaerobic** – short bursts of exercise that build your strength, like push ups and sit ups

Of course, you need to combine this with eating healthily and drinking lots of water too! Make sure you drink plenty of water before, during and after activities to stay well hydrated.

In this book there are lots of different ideas to stay active, but why do you need to be active?



WHAT ARE THE BENEFITS OF BEING ACTIVE?



So what are you waiting for? Get going and start ticking off your activities! You can start at the beginning, the middle or the end, or jump around. Just make sure you have fun because if you find getting active fun, you will do it more often!



SCAVENGER HUNT

Scavenger hunts have been popular for thousands of years, back to when pirates would hunt for treasure! It is always lots of fun finding something hidden and unlocking mysteries. There are so many different places and items to discover on your hunt! Tick them off your list as you go.

Here is a hunt you can try in your back garden or the park:

Find something that:

- | | |
|---|---|
| ☐ is alive | ☐ is sharp |
| ☐ is smaller than a penny | ☐ looks like a Y |
| ☐ smells nice | ☐ has veins |
| ☐ is the same colour as your shoes | ☐ is slimy |
| ☐ is hairy | |
| ☐ has a hole in it | |

TIP!

Don't pick anything that is still growing or disturb any creatures – you just need to spot things and tick them off your list!

You don't have to stick to the garden for a scavenger hunt! If you live near any of these places, try doing a hunt there, or you can even do one at home indoors:

- ★ Your garden
- ★ The woods
- ★ The beach
- ★ The park



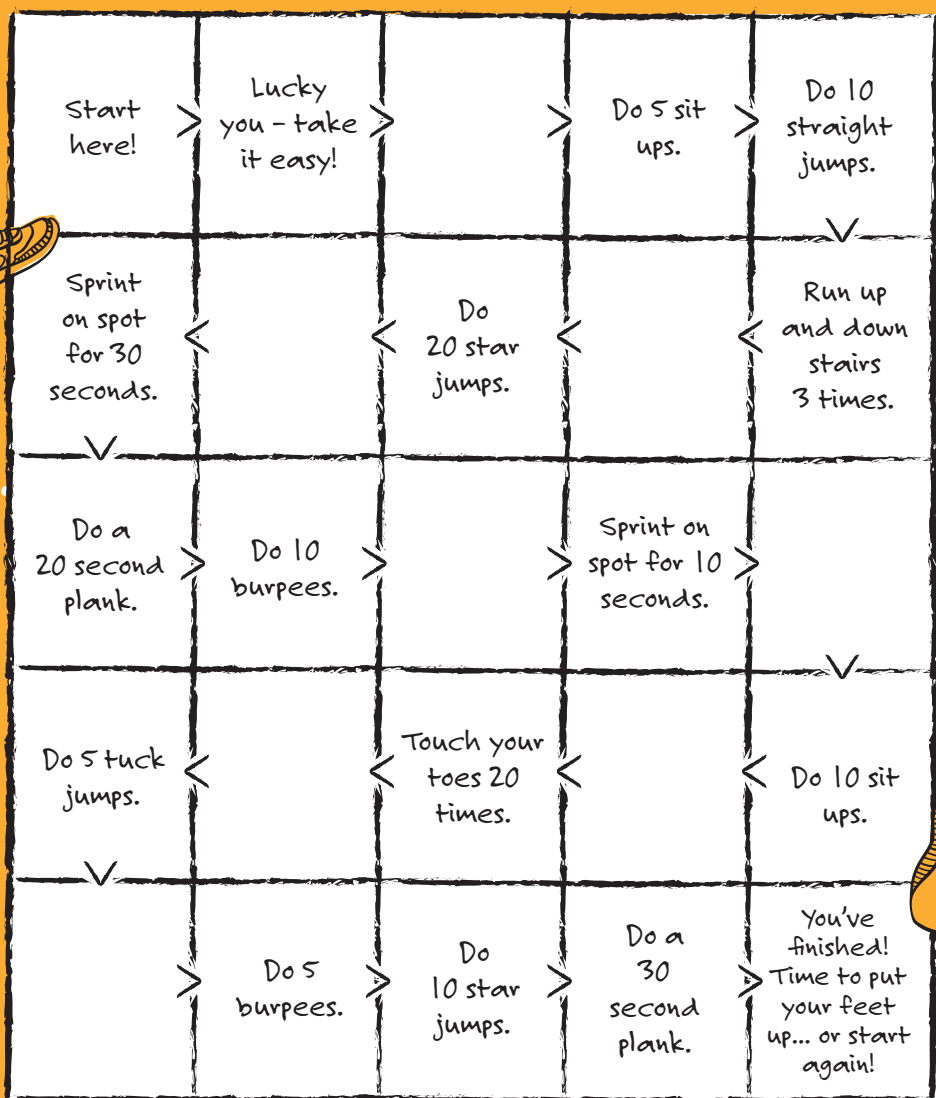
Try these different themed hunts too:

- ★ 10 different coloured items
- ★ Alphabet hunt
(find items beginning with the letters A-J or the whole alphabet)
- ★ Design your own for your family to do together

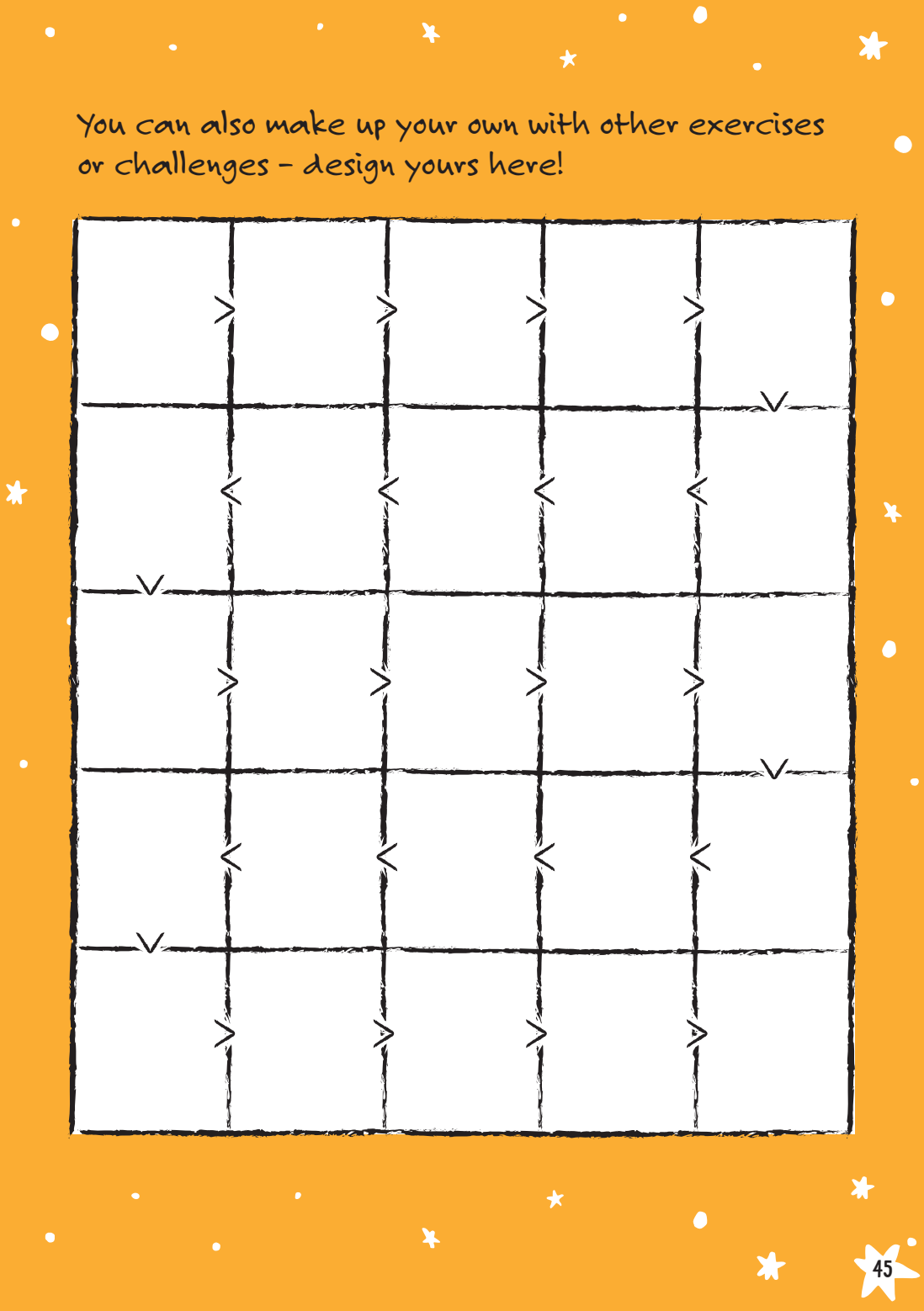


CIRCUITS BOARD GAME

Use the grid below to make a circuits board game! All you'll need is the grid below, plenty of space, some counters and a dice. Begin on the start square and roll the dice. Move forward that many spaces. If there's an activity on the square you land on, do it!



You can also make up your own with other exercises or challenges - design yours here!



Published by Collins

An imprint of HarperCollins Publishers
Westerhill Road, Bishopbriggs, Glasgow,
G64 2QT

HarperCollins Publishers
1st Floor, Watermarque Building, Ringsend
Road, Dublin 4, Ireland

www.harpercollins.co.uk

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Publisher: Michelle l'Anson
Project manager: Rachel Allegro
Design: Sarah Duxbury, Nicola Lancashire
Typesetter: Jouve
Cover: Kevin Robbins

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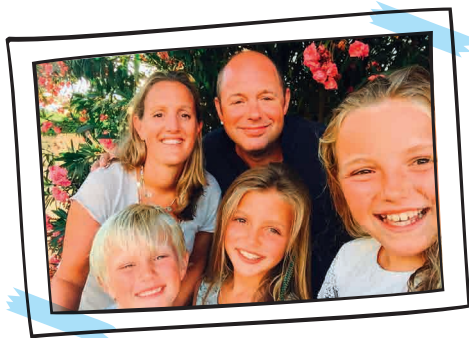
9780008421007

Printed in Italy

10 9 8 7 6 5 4 3 2 1

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