

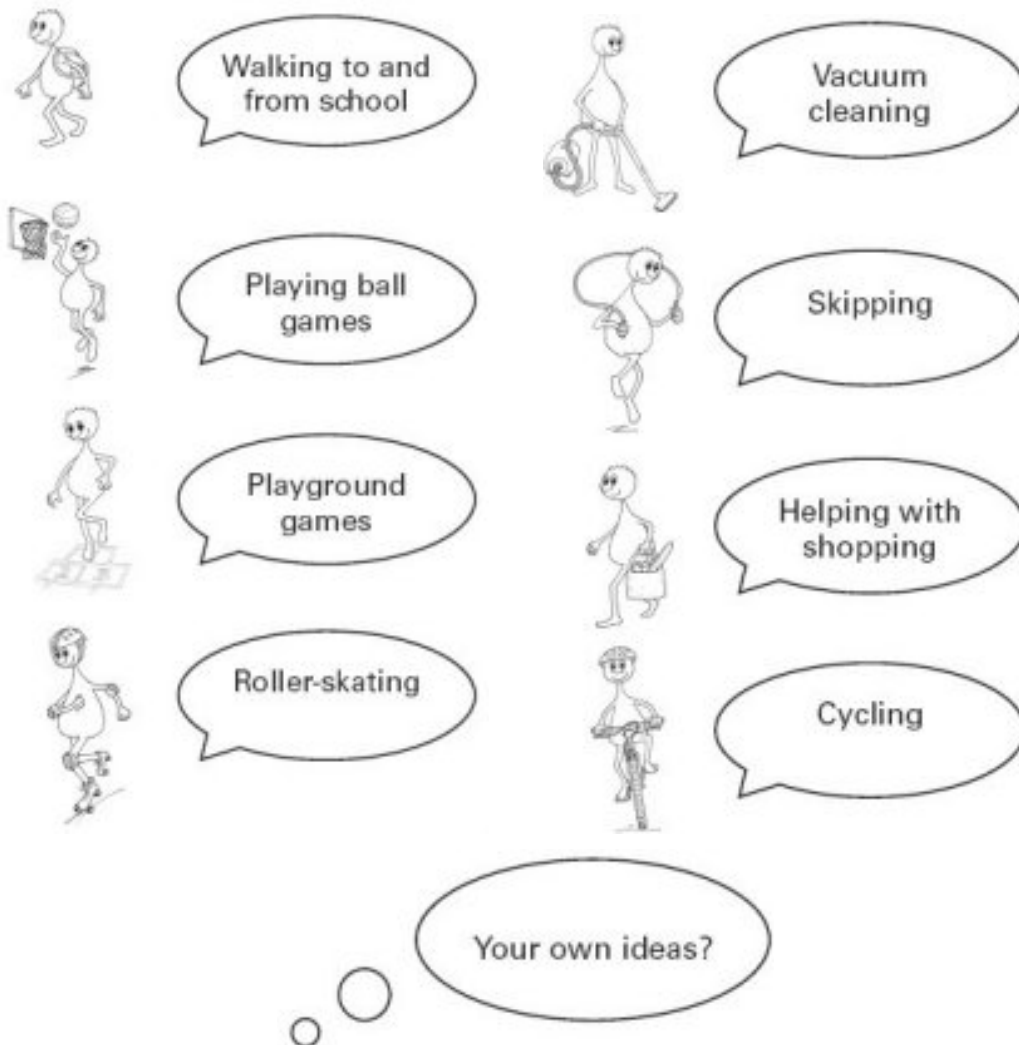
1.

# How Fit are You?

The British Heart Foundation recommends that young people should take at least one hour of exercise every day.

It is not always easy to fit in a **whole** hour of exercise. Instead, it is possible to take short bursts of exercise during the day.

A class of children did a survey to find out some of the things that they could do to help them make up their hour of exercise.



Using these ideas, write a report for a children's newspaper, explaining how children can get their hour of exercise.