

FREEDA FOREMAN



FAMILY FITNESS

TM



FREEDA FIT

**Suitable for
children
ages 5 - 8
and their
parents**

**Team up with Darrel the Dragon
to help fight the Sugar Rot Gang
on the road to health and fitness**

This book belongs to _____

A Note to Parents from Freeda Foreman

Welcome to Freeda Foreman Family Fitness, a fun, healthy, easy-to-follow system for the whole family. This Activity Book is written specifically for your 5 - 8 year-old child.

This Activity Book tells the story of Darrel and Daisy Dragon and how the whole Dragon family became committed to getting **FIT** and staying healthy. They found it was as easy as A, B, C.

A = Activity
B = Balance
C = Choices

Activity can be play, chores, sports or exercise.

Balance means eating a variety of foods as energy, and then using that energy to play, exercise and more.

Choices can be as simple as taking the stairs instead of the elevator, or choosing low-fat milk instead of a soda.

When your child follows the A, B, C's of good health, he or she is happier and healthier!

There are many advantages to helping your child on the road to health and fitness. Among them are:

- Physical activity helps build strong bones, improve strength, heart and lung health, and mental and emotional health.
- Children who develop healthy habits now can often help prevent long-term, chronic diseases such as diabetes, obesity and heart disease.
- Behavior changes in the early years can serve as a lifelong model for better habits and can have long-term effects on health and well-being through a person's life span.

Children who are fit and healthy are better students, are more productive throughout the day, have a brighter, more positive outlook on life, and are less likely to give into peer pressure or bullying.

Families who eat healthy meals together, and who share 2 to 3 family activities a week - doing yard work, swimming, taking a walk, playing a board game - are more likely to maintain their fitness level, and to have happy, healthy children.

Be FIT - a Family In Training! Encourage your child as he or she enjoys reading and doing the activities in this book; build a healthy future for the whole family.

Freeda Foreman

Hi, I'm Darrel Dragon and this is my sister Daisy.

Dragons are magical creatures that lived long ago. We fly, breathe fire, and even go to school - perhaps just like you!

Come join us on an enchanting adventure, where Penguins swim the deepest ocean and Koalas climb the highest trees.



But first, let's start with YOU!

Write your name here _____

How tall are you? _____

How much do you weigh? _____

How old are you? _____

A is for Activity

Daisy and I have strong bodies because we have to fly and walk long distances.

To stay strong, we both stay very active. I like to go roller skating and Daisy likes to listen to music and dance. We both like to play on the jungle gym at school.

Our friend, Terry Turtle, stays in shape by riding his bike, doing jumping jacks, and playing hide 'n' seek.



Penelope Penguin loves to swim, run and jog because they all give her a chance to be outdoors and get some fresh air.



Ken Koala can climb the highest tree because he enjoys playing basketball and volleyball.



Do you have a favorite play activity or sport? Even games like T-ball and soccer can help keep you healthy and strong.

Just by doing your favorite activity every day for 20-30 minutes, you can stay healthy, build strong bones, and grow up to be a happy adult.

**Circle your favorite activities
or write some of your own at the end.**

Badminton

Baseball/Softball

Bicycling

Golf

Hide 'n Seek

Hopscotch

Jumping

Running or Jogging

Swimming

Volleyball

Passing/Catching a ball with friends

Ballet/Dance

Basketball

Football

Gymnastics

Hockey

Ice/Inline Skating

Sledding

Soccer

Tennis

Lacrosse

Other Favorite Activities: _____

Daisy and I use this Activity Chart to keep track of what we do every day to stay healthy.

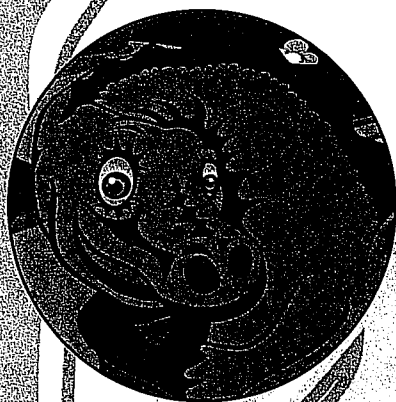
DAISY'S CHART

TODAY	
Dancing	10 minutes
Chasing Friends In The Park	10 minutes
Helping Mom With Housework	10 minutes



DARREL'S CHART

TODAY	
Roller Skating	15 minutes
Raking Leaves In The Yard	15 minutes



Here's your own Activity Chart to help you keep track, too!
We've left room at the bottom for you to fill in any other favorite activities.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Badminton							
Ballet/Dance							
Baseball/Softball							
Basketball							
Bicycling							
Football							
Golf							
Gymnastics							
Hide-n-Seek							
Hockey							
Hopscotch							
Ice/Inline Skating							
Jumping							
Playing Catch							
Running/Jogging							
Sledding							
Soccer							
Swimming							
Tennis							
Volleyball							
Total Minutes							

How many minutes did you do today? Aim for a total of 20 to 30 minutes each day.

Did you notice that one of Daisy's activities is helping our mom with housework and one of my activities is raking the leaves?

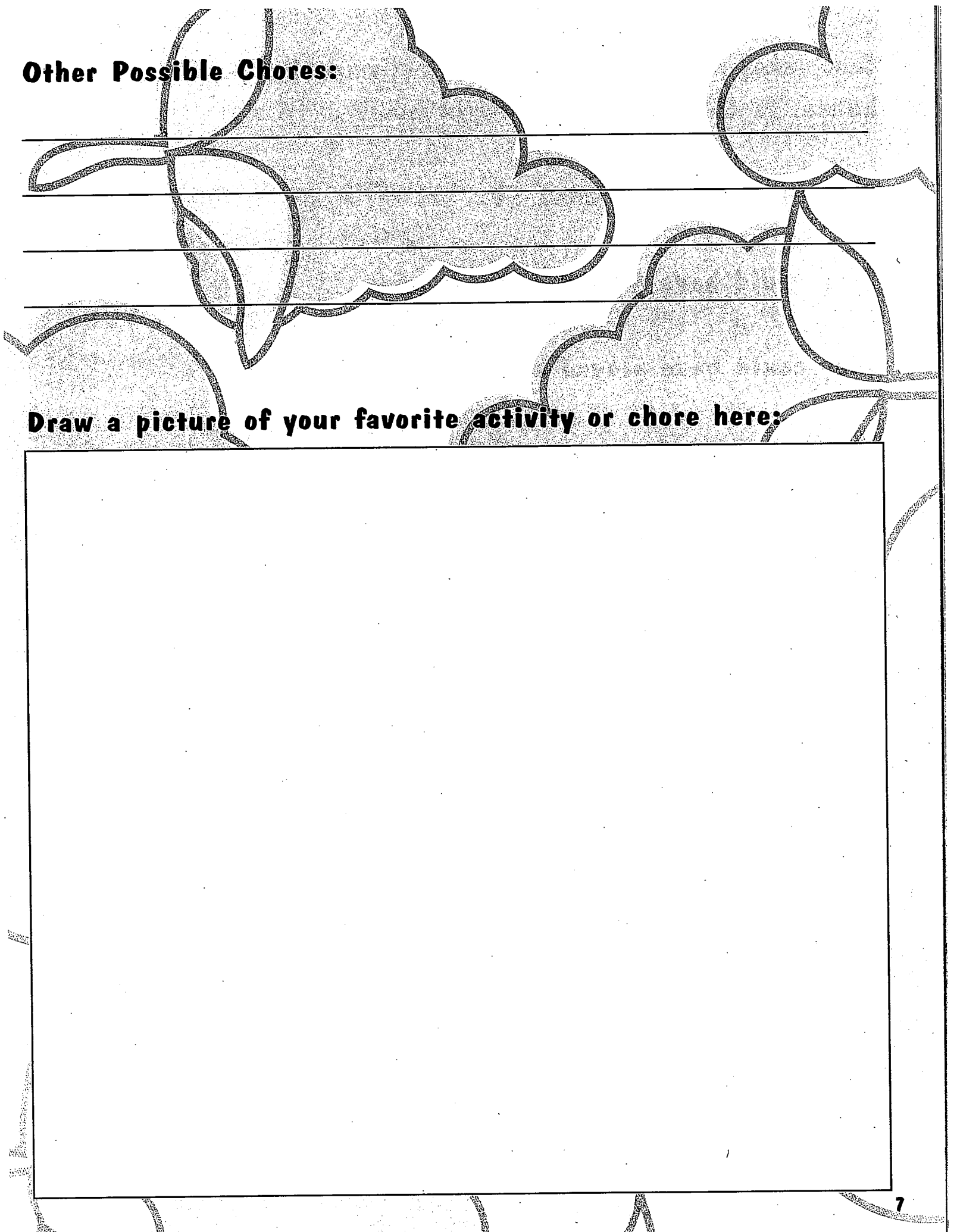
Chores are considered activities, too, and they can help keep you healthy and strong.



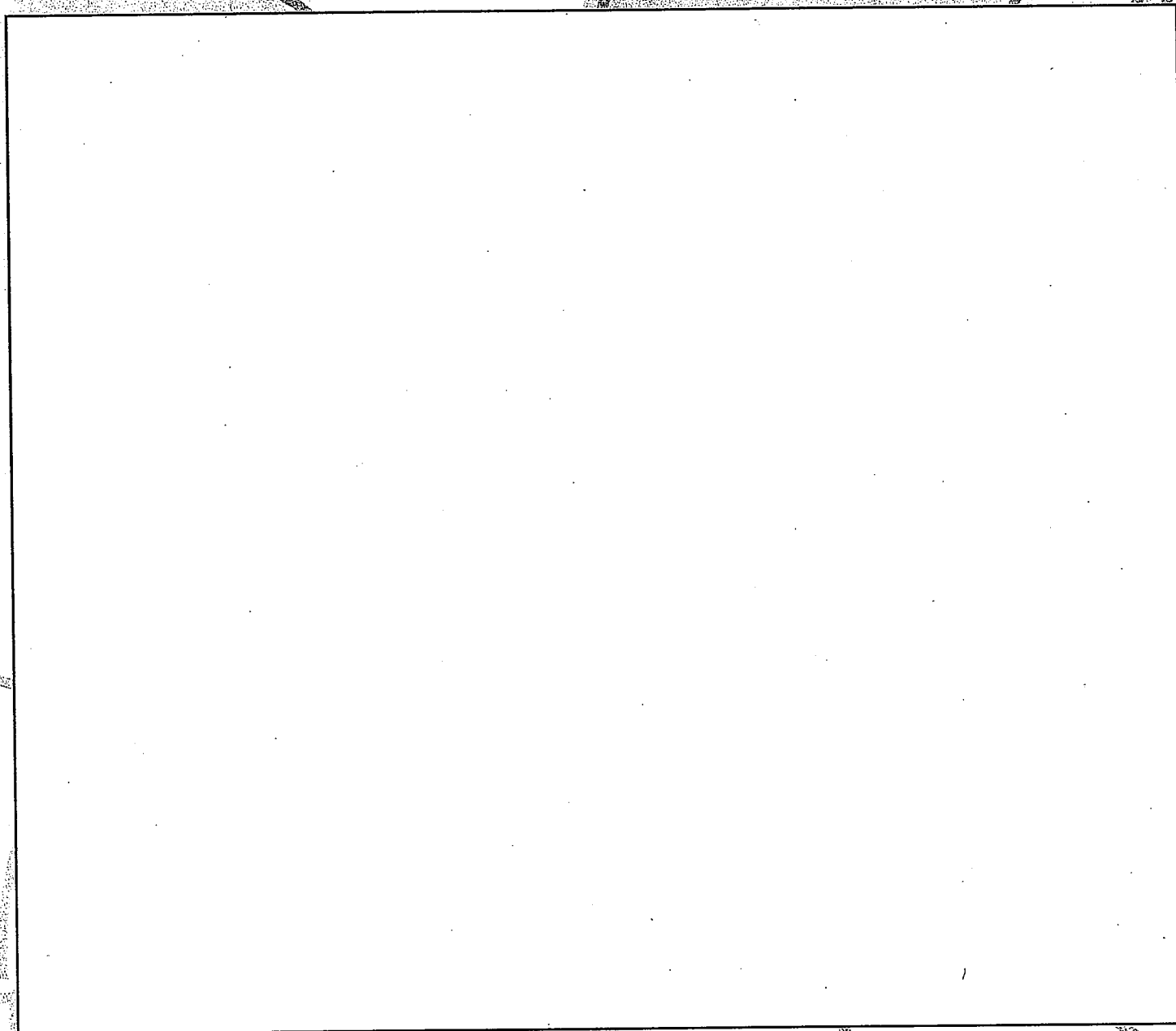
Circle your Chores here or add your own at the end.

**Making your bed
Picking up around the house
Cleaning your bedroom
Vacuuming the floor
Dusting the furniture
Emptying the trash
Feeding the dog or cat
Walking the dog
Setting or Clearing the Table
Making your own lunch or dinner**

Other Possible Chores:



Draw a picture of your favorite activity or chore here:



One rainy day, Darrel and Daisy were hanging around the house, feeling very bored.

They could have watched TV.

They could have played a video game.

They could have played on their computers.

That's when Mom Dragon came up with an idea.

"I know you're bored but I'm very proud of you for not turning on the television or playing games on the computer," she said, as Daisy and Darrel gave each other a High-5.

"So I have an idea! Why don't we have a picnic in the living room?"

"WOW, that would be cool," said Daisy as she jumped up and started to pick up the toys that were on the floor.

"I could set the picnic table, instead of the dinner table," said Darrel. Both kids looked around the living room - they saw the sofa, chairs and tables, plus the toys everywhere.

"But where do we start?"

Mom smiled and gave each child a hug. "Well, a good cook knows you start with a clean kitchen."

"But to do something different - let's turn on the music and straighten up while dancing!"

"I LOVE that idea!" said Daisy, as she ran over to the radio and turned it on.

"What about me?" said Darrel, standing in the middle of the living room, while Daisy danced all around him.

Just then, Dad Dragon came into the room. "I have an idea... why don't you and I try to clean up while doing some exercises... like this!"

With that, Dad Dragon started to do arm and leg lifts while moving the chairs out of the way.

"Hey, that looks like fun," said Darrel, soon he was stretching and doing arm lifts while helping Dad move the chairs.

Daisy put a blanket on the coffee table - so it looked like a real picnic table!

Mom fixed easy simple picnic food for the whole family to enjoy - healthy sandwiches with turkey and cheese, carrot

sticks with dipping sauce, wheat crackers with cheese spread, and cut apples for dessert. There was even a pitcher of Mom Dragon's special iced tea - with just a few strawberries on the bottom!

"Oh, doesn't the picnic table look nice?" said Mom Dragon, carrying the picnic basket. Dad and Darrel had moved the chairs to make room.

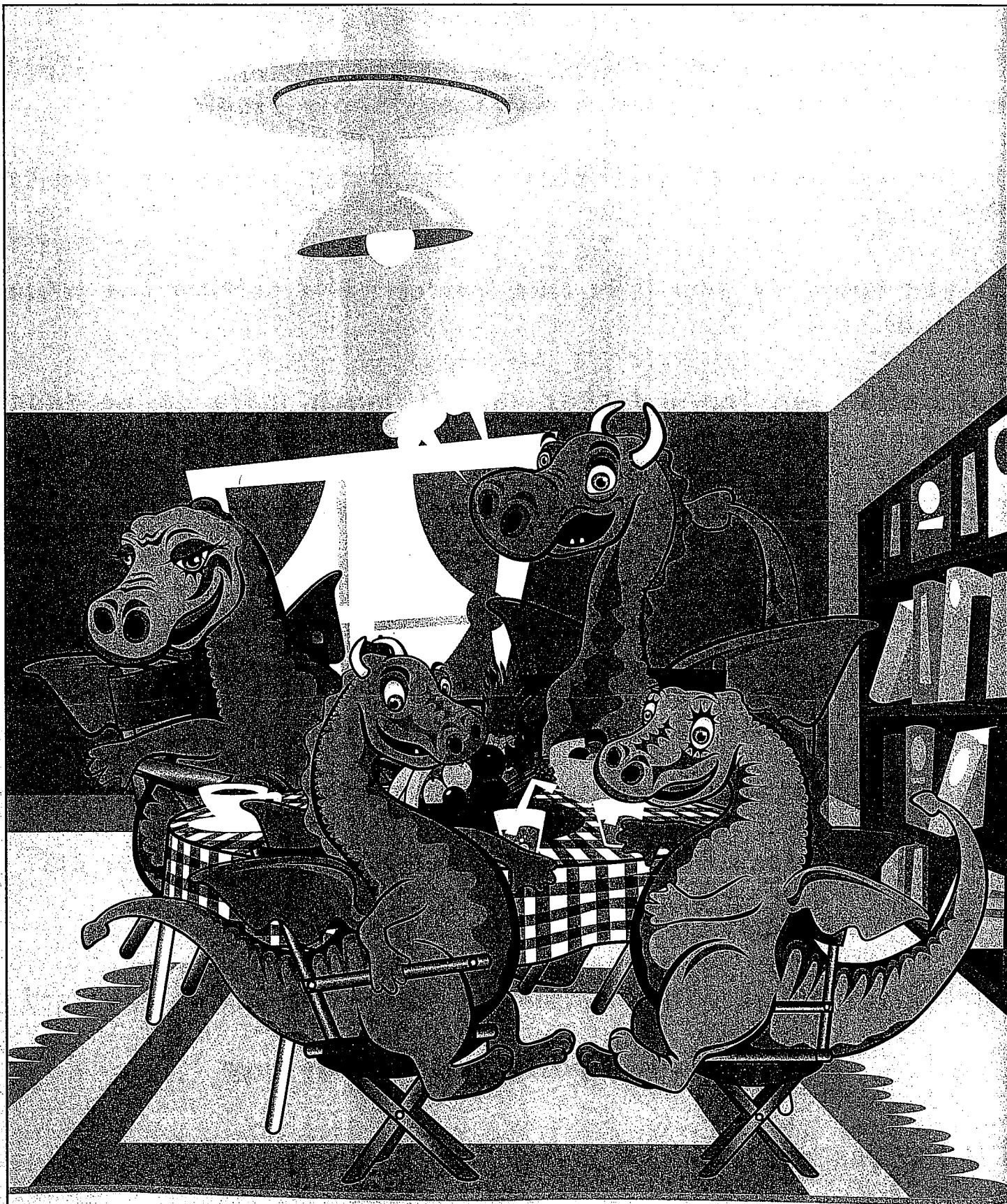
As the Dragon family ate their picnic lunch, Darrel said, "You know Dad, that was fun to move the chairs while doing exercises."

"I loved vacuuming to the beat of the music," said Daisy.

"But you know the best part of this picnic?" said Darrel, as he ate another carrot stick.

The whole family looked at Darrel, wondering what he was going to say.

"No ants!" he said, laughing, and soon the whole family was laughing too.



Don't Hang Around - Move Around!

What did you learn from the Dragon family Picnic Story?

Maybe you could do your chores like Daisy, while dancing to the music.

Or you could do arm lifts like Darrel while setting the table at night.

Hopefully, you learned that there's much more to do than watching television or playing computer or video games.

GOOD! Because that's an important lesson to learn.

Here are some of the chores you can do differently when you add a little fun:

Run or jog while walking the dog

Stretch your muscles while making your bed

Touch your toes while bending over to feed the dog or cat

Twist your waist while sweeping or vacuuming

Listen to music with headphones while working in the yard

Dance while putting away your toys

I'll bet you can think of more! Why not write them down?

The idea is to do less sitting around, watching TV and playing video and computer games - and do more moving around!

Moving around will keep you fit and healthy - and that's what we all want!

Give Yourself an A for Activity!

This Activity Workbook is part of a complete fitness program called "Freeda Foreman Family Fitness."

As a girl, Freeda was always active, and now she is the mother of a young girl and is teaching her daughter many of the activities she learned as a child.

Being fit and healthy is as easy as A, B, C !

A is for Activity, just what we've been talking about.

On the next pages, you'll learn that B is for Balance, as in Energy Balance, using food for fuel. You'll also discover C, which is all about Choices.

Are you ready to be healthy and fit? Then keep moving!

B is for Balance

Eating healthy is all about balance. We need to eat healthy to grow strong and tall. Good food makes us feel good and keeps us from getting too tired at school. Good food gives us energy to play, work and learn too. Different foods do different things in the body, so it's important to include a variety of different foods too.

You have to eat the right kind of food to have your body run smoothly - if you don't, you won't be able to run or play with your friends, or enjoy your favorite sports!

So, let's start putting the Balance in your foods - right now!

Food Guide Pyramid A Guide to Daily Food Choices

Fats, Oils, & Sweets
USE SPARINGLY

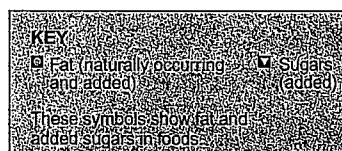
Milk, Yogurt,
& Cheese
Group
2-3 SERVINGS

Vegetable
Group
3-5 SERVINGS

Meat, Poultry, Fish,
Dry Beans, Eggs,
& Nuts Group
2-3 SERVINGS

Fruit
Group
2-4 SERVINGS

Bread, Cereal,
Rice, & Pasta
Group
6-11
SERVINGS



Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services

How much is a serving?

As with the number of servings, the size of the servings themselves will depend on the same factors (age, sex, activity level.) The following chart shows serving sizes for various groups.

Food Group	Preschooler	Older Child
Breads and Starches		
Bread	1/2 slice	1 slice
Rice/Pasta	1/3 cup	1/2 cup
Cooked Cereal	1/3 cup	1/2 cup
Dry Cereal	1/3 cup	1 oz
Fruits		
Fresh Fruit	1/4 cup	1 piece
Juice	1/2 cup	3/4 cup
Canned Fruit	1/2 cup	1/2 cup
Vegetables		
Cooked	1/4 cup	1/2 cup
Raw	1/4 cup	1/2 - 1 cup
Milk & Dairy		
Milk or Yogurt	3/4 cup	1 cup
Cheese	1 1/2 oz	1 1/2 - 2 oz
Meat & Protein		
Lean Meat	1 1/2 oz	1 1/2 - 3 oz
Cooked Beans	1/4 cup	1/2 cup*
Egg	1 egg	1 egg*
Peanut Butter	2 tbsp	2 tbsp*

*Count as 1 oz meat or 1/3 serving from the meat/protein group



Have you studied the pyramids of Egypt in school? If you haven't, you will.

A pyramid is a shape that's all about balance. See how it's heavier on the bottom than on the top? What would happen if it were heavier on top than on the bottom? It would fall over, right?

Why? Because it would be out of balance.

Food experts came up with the Food Guide Pyramid to help everyone - moms, dads, kids, grandparents, everyone - eat a Balanced Diet every day.

Here's how the Food Guide Pyramid works:

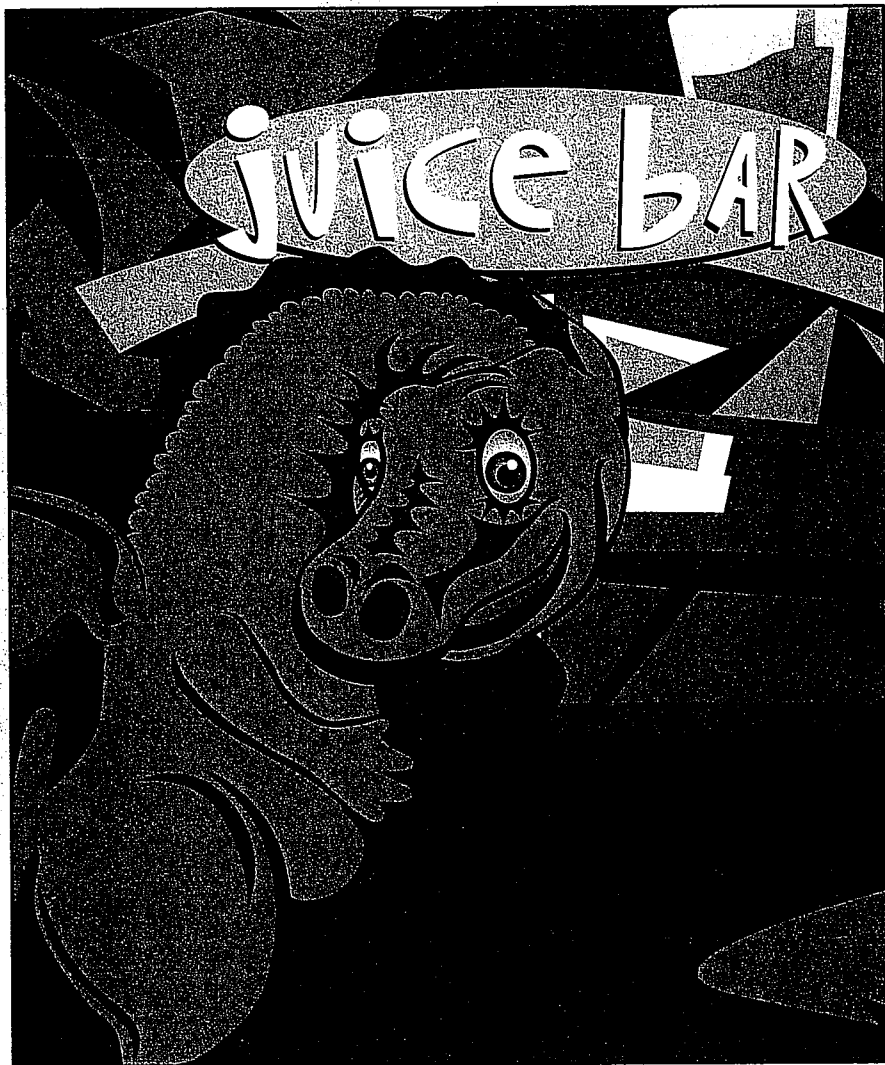
The Food Guide Pyramid includes groups of foods that make up a good diet and foods that help build good eating habits. It also shows you how to eat a variety of foods from all five food groups and how much of the foods from the different groups you should eat to stay healthy.

The very tip top of the pyramid is where you will find a lot of extra foods that don't fit in anywhere else. These foods are the ones that don't make our bodies healthy, even though they taste good. Foods found here are things like candy, cookies, soda pop, and doughnuts. They should only be eaten occasionally.

Its pyramid shape (rather than a circle or square) helps explain which foods you should eat more or less of. The foods that make up the pyramid's base (the widest part) should provide most of the food you eat every day. As you go up the pyramid, the amounts of different foods you need get smaller.

On the next few pages, Darrel and Daisy Dragon are going to share some of their favorite foods from the Food Pyramid.

But first why don't you write down what some of your favorite foods are?



B also stands for Breakfast - it's called the most important meal of the day because breakfast gives you the energy to start your day.

Did you know that the word breakfast comes from the phrase "break the fast"? This means you are breaking your fast from not eating since the night before.

Here are some new and different breakfast ideas that are Darrel's and Daisy's favorites. They're good for you - and taste good, too!

Can you help figure out which food group each of these foods fits into?

- o Cereal with Low-fat Milk. Try to stay away from cereals with lots of sugar in them - instead, sweeten your cereal with raisins or your favorite fruit!**

Cereals are full of fiber and important nutrients like the B vitamin called folic acid. The milk is high in calcium, the mineral that helps you grow! Add a glass of orange juice or vegetable juice and you have power to spare for the rest of the day!

- o Frozen waffles and pancakes are quick and easy to make. Ask mom or dad to buy the whole grain varieties. They are actually more nutritious than regular ones, and then top them with berries or sliced bananas instead of syrup.**

You'll find some foods here from the grain group and the fruit group. Drink some milk and you can get a dairy source in too.

- o Orange-banana smoothie. Ask mom or dad to help you use the blender - or make this treat the night before and have it in the morning!**

Orange-banana Smoothie

1/2 cup orange juice

1 frozen banana, peel before freezing (if you forget to freeze it, use a ripe banana and several ice cubes)

1 8-oz. container vanilla yogurt

Put all ingredients into the blender. Mix until well-blended.

Breakfast-on-the-Go!

For those mornings when you sleep a little later, or are just moving a little slower, here are some quick and healthy breakfasts to eat.

- o Whole wheat toast with peanut butter. You will get foods from the grain and protein groups here, but be sure to skip putting butter or margarine on your toast as well.**
- o Fruit. Apples, bananas, a handful of grapes, kiwi slices, or even a snack-size box of raisins can be a good choice and you'll begin your day with a fruit group.**

Munch a Healthy Lunch to Keep You Going

Your body needs fuel throughout the day - that's why lunch is so important. A good, healthy lunch should include a protein food, fresh fruit and/or vegetable, bread or starch, a treat, and something to drink like juice, milk or water.

You may bring your lunch to school or eat in the cafeteria - or both! Either way, you can feed your body with the right kinds of fuel and keep going the rest of the day or you can feed it the wrong kinds of fuel and take the chance that you might fall asleep in your classroom.

Here are some of our favorite Take-to-School Lunches. You can make them yourself or ask someone to help you. Either way, make sure you get all your food groups in!

- o Try different cheeses for a change. There are so many out there besides American. Ask for Havarti, Swiss, Gouda (it's really good-a!), or Muenster to go along with your ham or turkey sandwich.**
- o New ideas for Peanut Butter. Daisy loves peanut butter but it can be boring, so she adds banana, applesauce or shredded carrots to add some excitement to her sandwich!**
- o Make your own Lunch Pack. Put together some of your favorite good-for-you snack items: whole wheat crackers and a cup of tuna or slices of turkey and cheese. Add some applesauce, yogurt, or fruit and you have a quick, healthy lunch!**

- o **Eggs for lunch! Have you ever tried hard-boiled eggs? Mmmmm, they're Darrel's favorite. Ask to help your mom or dad in the kitchen one Sunday and make a whole batch ahead of time. You can even add hard-boiled eggs to your favorite sandwich.**

Don't forget to add a treat to your lunch. Snacks like vanilla wafers, fig bars, animal crackers, gingersnaps or oatmeal raisin cookies are good choices, as well as pretzels or raisins.

Ding-Dong - it's Dinner!

Here are some Basic Rules Darrel and Daisy learned that are important when you're working in the kitchen:

- o **Start by washing your hands.**
- o **Cook foods until they are done.**
- o **When the foods are supposed to be hot, keep them hot.**
- o **When the foods are supposed to be cold, keep them cold.**
- o **Store leftovers quickly and properly.**
- o **When in doubt, throw it out.**
- o **Clean up all messes along the way.**

Darrel has some of his own rules.

- o Always get mom and dad's permission before cooking, or they may not let you cook for awhile.**
- o Be very careful with eggs so they don't drop on the floor because they are really messy to clean up.**
- o Be careful around hot stoves. You could burn yourself.**
- o Make sure an adult is around when using the microwave, blender or mixer. Let adults handle knives, sharp utensils and anything hot.**
- o Keep fingers and hands, loose hair and clothes away from the electric mixer bowl. This can be very dangerous.**
- o If you want to take a taste of your food preparation, use a clean spoon every time. This keeps foods clean and safe for others to eat.**
- o Always help clean up so you can cook again soon.**

So, put on your apron and ask if you can help cook dinner tonight - it will be fun and healthy!

Who makes the meals in your house? Don't you think it would be fun if you helped out regularly at least one to two nights a week? You could also make one day your own night where you pick the foods (balanced choices, of course) and help set the table. Mom and dad would love that too!

What did you eat today? Write down what you ate and check off which food group it is from.

What I Ate:	Breads and Starches	Fruits	Vegetables	Milk and Dairy	Meat and Protein

Did you get in enough servings from each food group?

Darrel and Daisy Fight the Sugar Rot Gang!

One day, Mom and Dad Dragon had a surprise for Darrel and Daisy.

"Remember the birthday money that Grandma Dragon sent both of you?" asked Mom Dragon.

"We sure do!" said Darrel and Daisy, together.

"Well, your mom and I have decided that you can spend half of it - as long as you save the other half," said Dad Dragon.

"WOW!" said Darrel, "Thanks, Mom and Dad."

"Yes, thank you very much," said an excited Daisy.

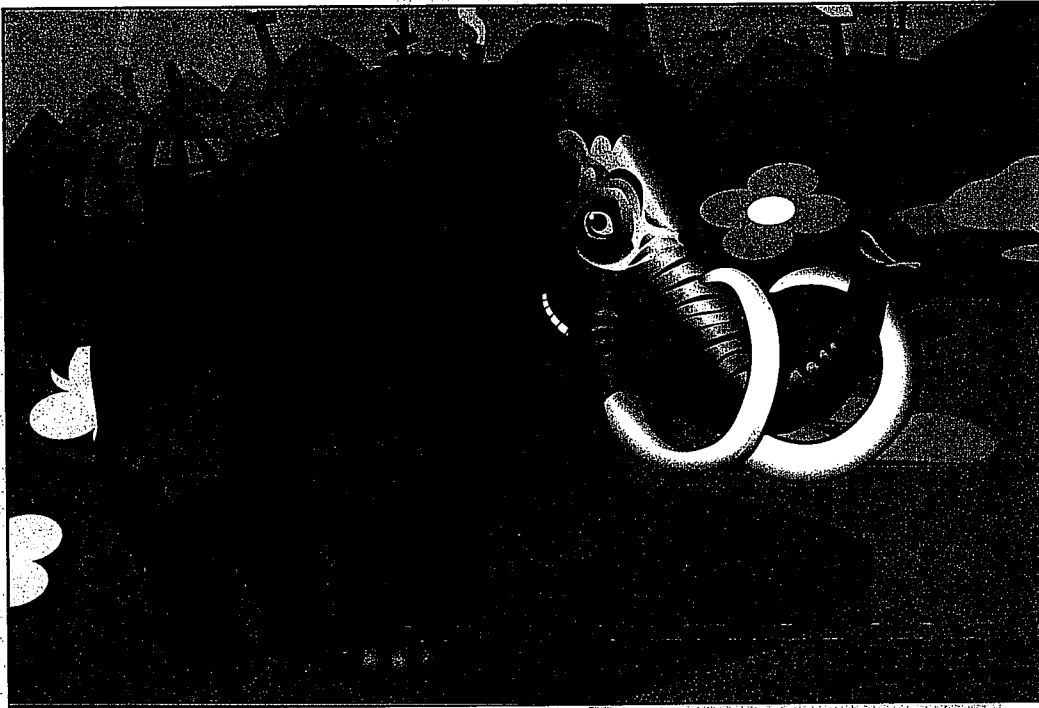
Darryl said, "Let's go down to the store and find a treat or toy!"

"That sounds great!" said Daisy as they raced out the door.

While they were walking, they ran into their old friend, Mosey Mammoth.

"Hey, Darrel, hey, Daisy," said Mosey, as he tried to catch up with them. Mammoths are very big animals - sort-of like elephants - so they don't move as fast as dragons.

Darrel called out, "Hi, Mosey, where are you headed?"



"Nowhere," said Mosey, "Just moseying along."

Daisy had heard that joke from Mosey before, but she still thought it was funny, so she laughed right out loud.

Mosey smiled really big, because he had made Daisy laugh once again.

"We're going to the store to buy a treat or toy," explained Darrel. "Do you want to come with us?"

"Sure, if you don't mind walking a little slower," said Mosey.

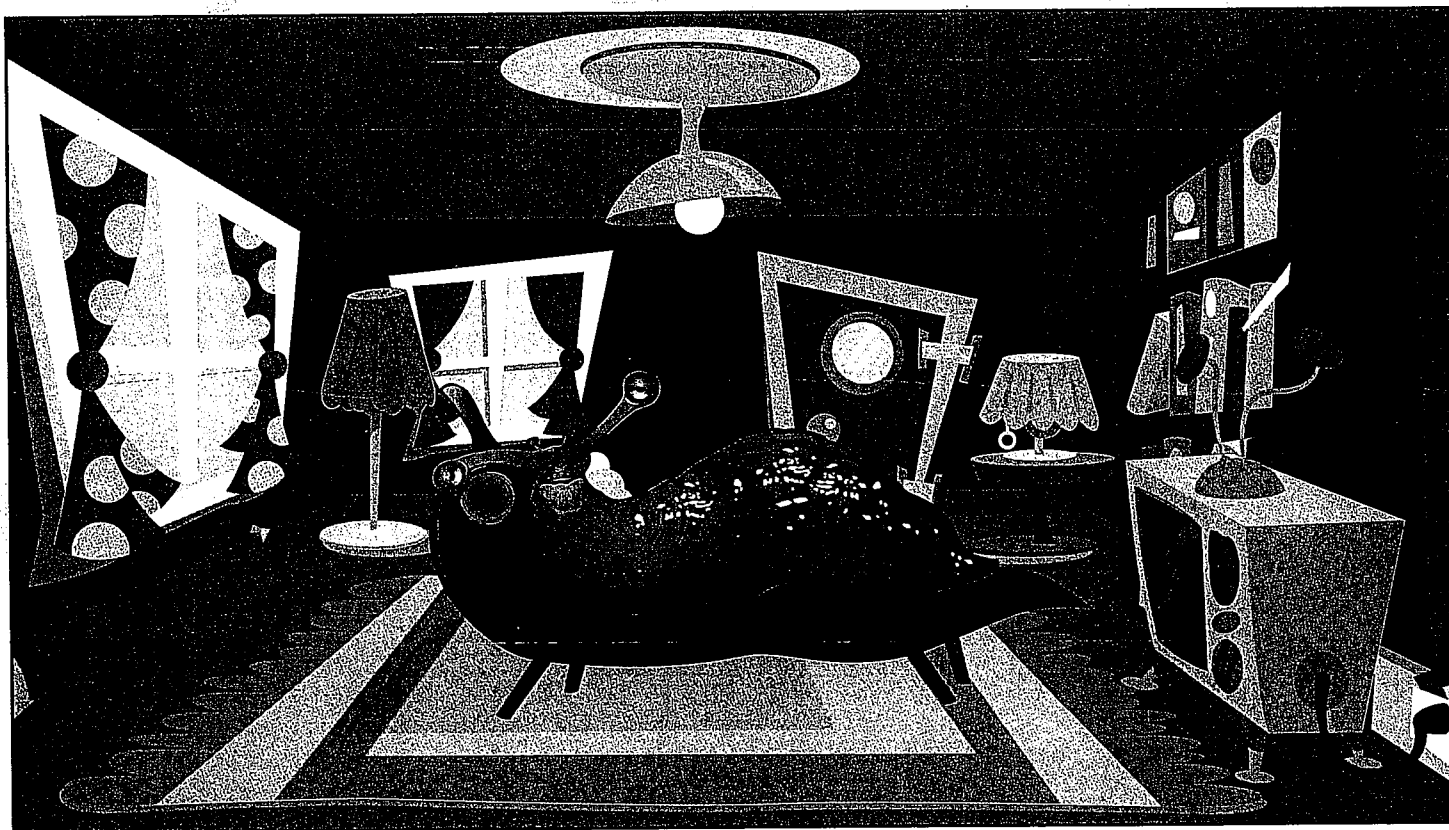
"We don't mind," said Darrel and Daisy at the same time.

Now the three of them were headed towards the Big and Best Store.

Soon, they passed the small cottage of Salty Slug. Daisy called out to say hello, but there was no answer.

"That's strange," said Darrel, "Salty's so lazy, he never leaves his home. I wonder where he could be."

At that, Daisy walked over and looked in the little window of Salty's house. "There he is," she said, "Sound asleep in front of the television."



"That sounds like Salty, all right," said Mosey, "TV, video or computer games. I say that slug eats nothing but junk food and gets no exercise at all."

Darrel and Daisy nodded in agreement and they continued on their way.

That's when they saw them - the Sugar Rot Gang. They were just going into the Big & Better Store when Mosey spotted them.

"Oh, no, it's the Sugar Rot Gang," said Mosey. "Plus, it looks like the Junk Hunks and the Cookie Crumbs are right behind them."

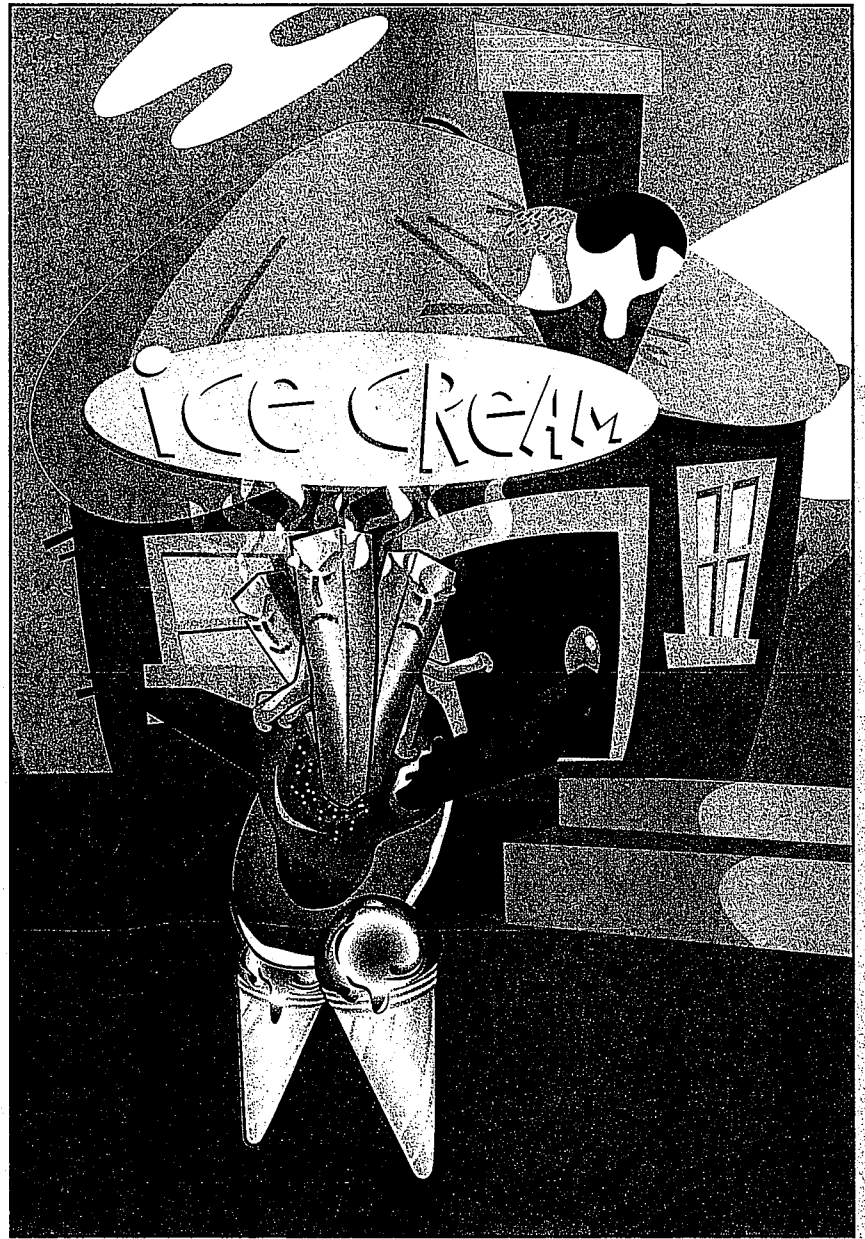
"Well, I'm not afraid of them," said a defiant Daisy, as she lifted her head and proceeded to walk into the store.

"I'm not either," huffed Darrel, "but still, be careful, because they can be mighty tempting."

"Especially when you have money to spend." Mosey added.

"For sure," said Daisy, remembering the last time the Fat Fiend talked her into buying two candy bars instead of one, and she was sick the rest of the day.

"So, what are you going to buy?" asked Mosey, looking around the huge store.



Darrel looked around and said, "I don't know, but we can only buy one each, so we have to spend wisely."

Just then Vitamin Vic came walking into the store. "Wow, am I glad to see you," said Daisy, hugging Vitamin Vic.

"Why, what's up?" said Vic.

Daisy answered, "It's the Sugar Rots, Junk Hunks and Cookie Crumbs. They're over there, buying up every candy bar and soda pop in the store."

"Never mind them," said Vitamin Vic, "Once they eat all that sugar and fat, they'll be so full and tired, they'll fall asleep."

Daisy sighed, "Poor them - they're going to miss this beautiful day. Oh, I feel sorry for them."

"Me too." agreed Darrel

Just then, Butter Chunk walked up to Daisy, knowing her weakness was cookies. "Hi, Daisy," said the big ball of butter, "I know you like cookies, so I thought you might like these."

With that, he handed Daisy a big box of chocolate chip cookies. Daisy looked at it, and then hastily handed it back to Butter Chunk. She said, "No, thank you, Butter Chunk. If I decide to get a cookie, I'll get just one from the bakery and it will be Oatmeal Raisin."

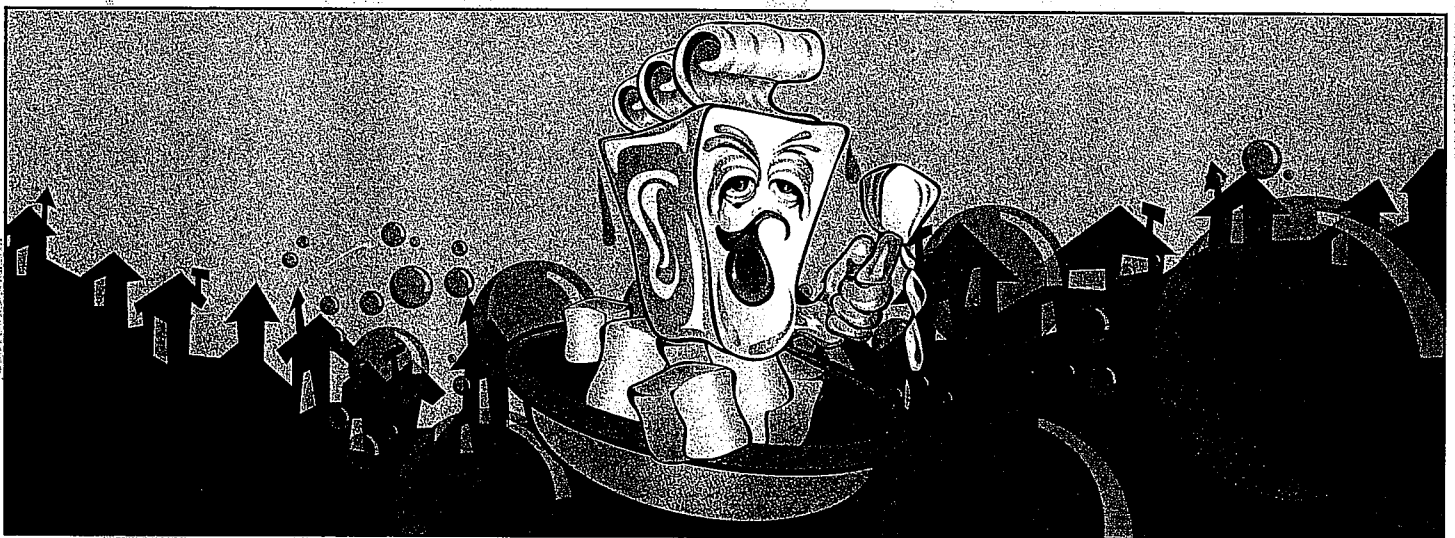
But Butter Chunk wasn't about to give up. "How about you, Darrel? Do you want a cookie?"

Darrel looked at the box of chocolate chip cookies and remembered the last time he had one. It was so good and so rich. He said, "No, thanks just the same, Butter Chunk, but if I can only buy one treat, it's not going to be cookies."

Butter Chunk looked at the three and chuckled to himself. "You don't know what you're missing," as he walked away with the box of cookies.

"Oh, yes, he does. He knows he's missing sugar and fat and lots of butter!" Mosey chuckled.

"You're right," said Darrel.



So, the three wandered the store, looking for treats and toys, when Daisy finally found hers. "Look, a bag of trail mix," she said, "Nuts and raisins can be good for me, and this bag should last for quite a while."

Mosey said, "That's a smart choice Daisy, because it's one bag, with lots of good things in it."

Darrel couldn't resist saying, "Yea, lots of nuts like the Sugar Rots," and all three laughed.

A couple of hours later, Darrel and Daisy were in the kitchen showing their mom and dad what they bought with their allowance.

"Nuts, what a good choice," said Mom Dragon.

"That's just what Mosey said," piped Daisy.

"Well, Mosey's a smart mammoth," said Dad Dragon, "How about you, Darrel?"

Darrel looked up with sad eyes, clutching a toy airplane that had somehow caught fire.

"Let me guess," said Dad. "You were so excited to fly the toy plane that you accidentally breathed fire on it?"

"Yeah," said Darrel, still looking like the saddest dragon in the world.

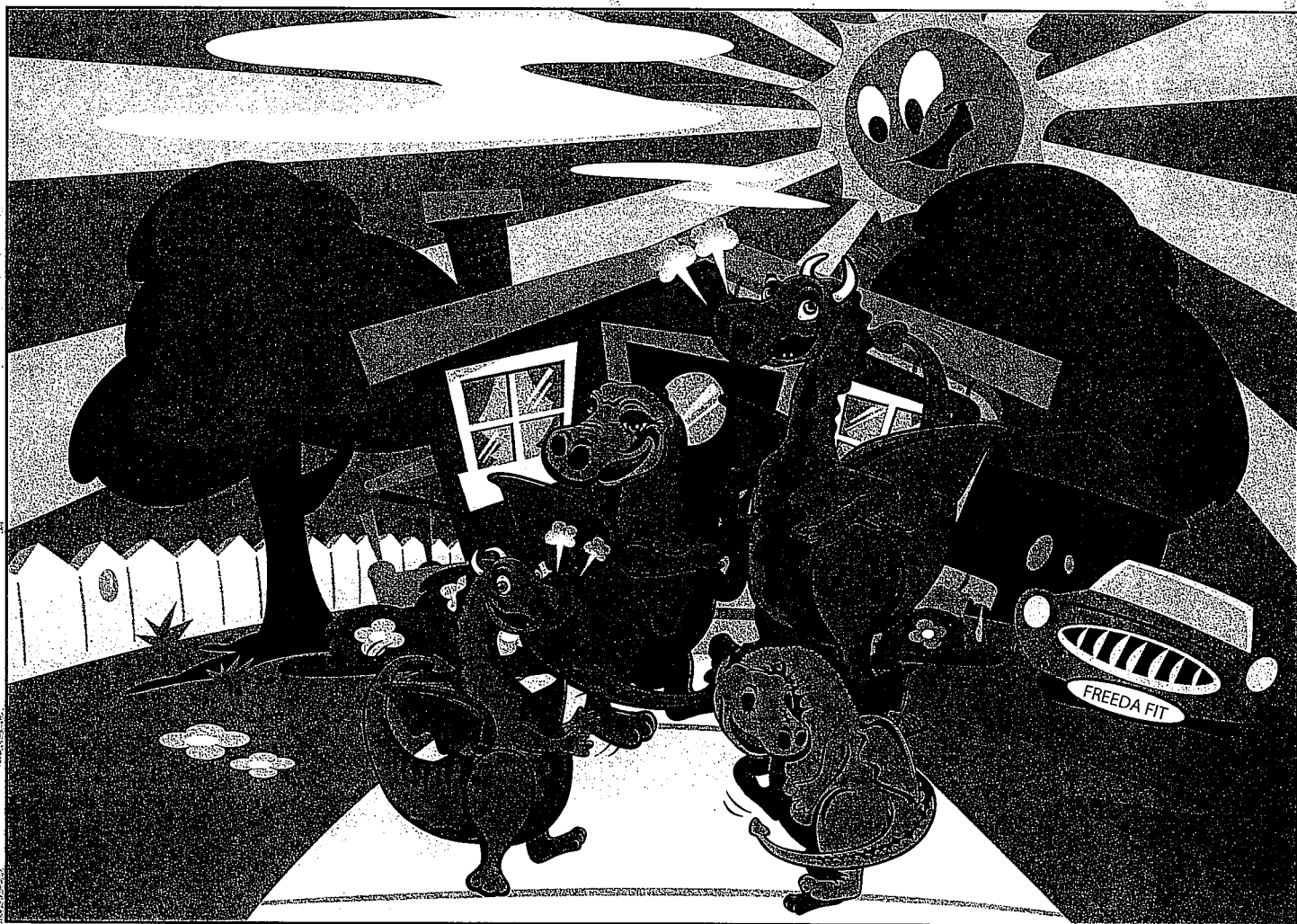
"Well, I'll tell you what," said Dad Dragon, walking towards his workshop.

"I have a toy airplane, and I'll let you play with it," said Dad, as he reached for his model airplane, complete with stripes and massive wings.

"Wow," said Darrel, as he immediately brightened up. "Can we play with it now?"

Dad said, "Sure, but son, this time, keep your mouth closed."

And everyone - Daisy, Mom, Dad and even Darrel, had a big laugh.



C is for Choices.

Okay, so you've learned that being fit and healthy is as easy as A, B, C.

A stands for Activity, including play, sports and even some chores.

B stands for Balance, following the Food Guide Pyramid for all the fuel you need.

C stands for Choices. It's your choice that will make the difference between healthy and not healthy.

Do you remember in our story how both Mosey and Mom Dragon congratulated Daisy about her choice of treats? They both told her that buying one bag of trail mix was a good choice. Why? Trail mix is packed with good nutrition and energy for your body. She could have bought the cookies or even a candy bar. But the bag of trail mix gave her the fuel she needed, plus she has lots of nuts to eat, so they'll last for several days.

OR you can be like Salty Slug and just hang around, eating junk food and watching TV all day.

OR, you can be health-smart and be like our friend Penelope Penguin and stay in shape by swimming.

OR even Mosey Mammoth, who walks everywhere, instead of taking the bus or his car.

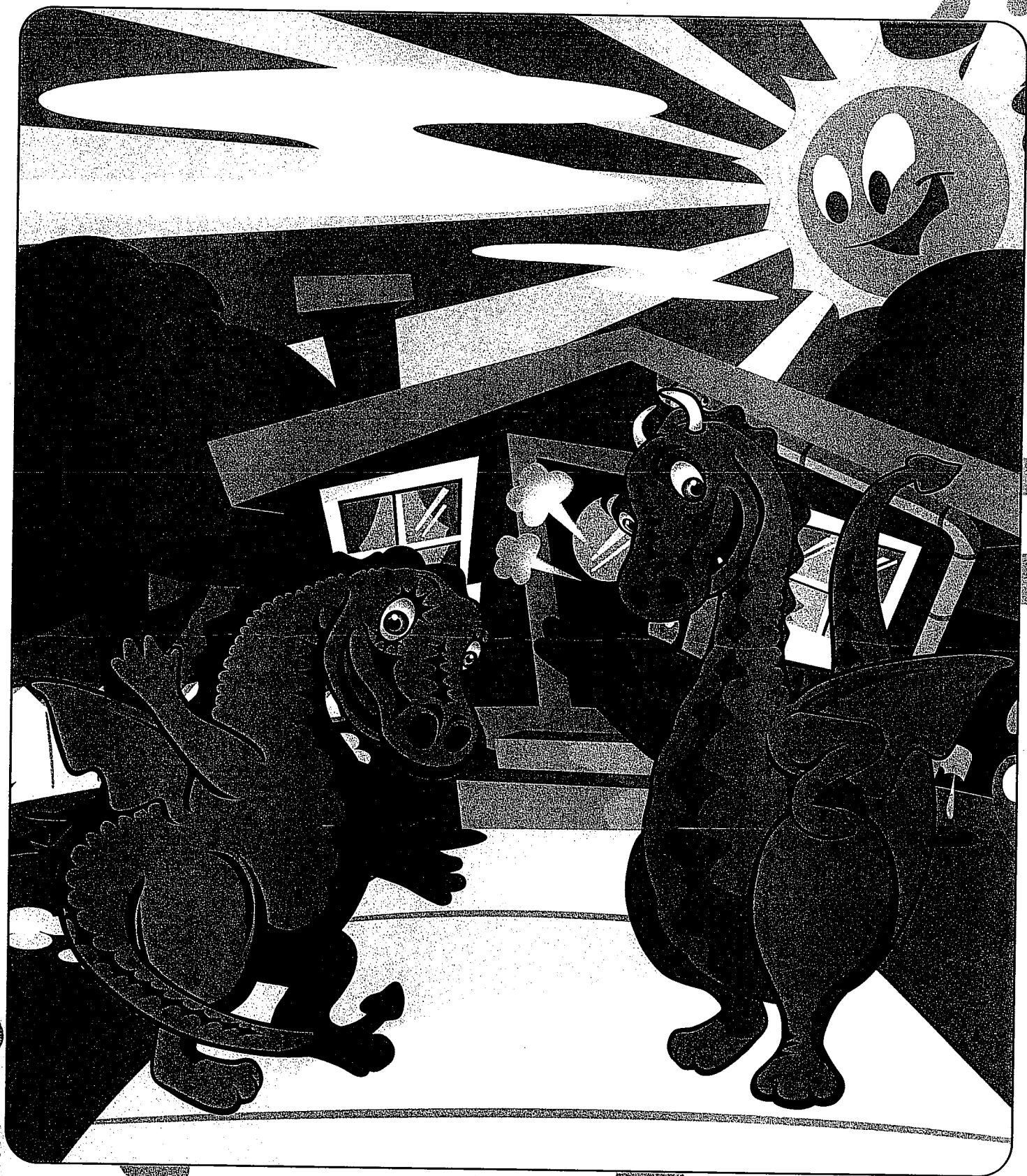
So what choices would you make?

- o Climb the stairs or take the elevator**
- o Watch just one hour of TV a day, or play one hour of basketball**
- o Play one computer or video game or ride your bike**
- o Help vacuum and sweep the house or play video games**
- o Play soccer in the yard with your friends or watch TV**
- o Ride your bike to school (ask mom or dad first!) or take the bus**
- o Watch your dog play in the backyard or run with your dog**
- o Mow the grass or watch it grow**
- o Rake leaves or sit around watching them fall from trees**

Learn your A, B, C's of good health, and you'll be happy and healthy every day!

Thanks for joining us on the road to health and fitness.

Remember A, B ,C's are for you and me!



www.FreedaForemanFamilyFitness.com