Pedal Your Way to Health

with Mr Stretch
Hi Kids, I am Mr Stretch, PE Teacher extraordinaire, and along with Active Cumbria I am on a mission to get the young people of Cumbria fit (I'm sure mums, dads and grandparents will benefit too!)

I will be travelling around the county in June, visiting 3 schools in every district and will be seeking to encourage and inspire you all to make those small changes to what you eat and how much physical activity you do. This will help you to live a long and healthy life. If I can do it… so can you!

I also have some exciting news for you! The OVOEnergy Tour of Britain is coming back to Cumbria on Thursday 6th and Friday 7th September. These amazing cyclists could be passing by on a road near your home or school. Please get out there and support them and show what a great place Cumbria is (as well as having loud young people cheering them on!)

I hope you enjoyed my show and learnt something new about how important it is to eat healthy food but also how important it is to lead an active lifestyle. I have given you lots of tips throughout this booklet so please take a look through and think about what your own healthy challenge will be.

Mr Stretch
Pedal Your Way to Health – June 2018

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Grateful thanks to our local Tour of Britain 2018 sponsors

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Why is it good to be active?

- Physical Activity is great for your body as it helps you grow strong bones and muscles whilst building healthy heart and lungs.
- If you are active now while you are young it is likely that you will be more active as an adult and have less health risks as you get older.
- Makes you feel happy and full of energy.
- Helps you to stay fit and well and maintain a healthy weight.
- Keeps your mind alert and awake which helps you to concentrate more at school.
- Helps you sleep well at night.
- You can do activities with your friends and even make new ones.

Sing Along with Mr Stretch to the tune of Meghan Trainor ‘All About That bass’

Because you know I’m all about the veg
‘Bout the veg, NO SUGAR
I’m all ‘bout the veg, ‘bout the veg, NO SUGAR
I’m all ‘bout the veg, ‘bout the veg, NO SUGAR
I’m all ‘bout the veg, ‘bout the veg
OVO Energy Cumbria TOB facts

- Stages 5 and 6 are being held here in Cumbria on Thursday 6th and Friday 7th September.
- Stage 5 is a Team Time Trial, the first ever for the Tour of Britain.
- Stage 6 is starting in Barrow, travelling through 3 districts covering over 100 miles of road and finishing at Whinlatter Pass.

Local Dates for Pedal Your Way To Health Roadshows

A 13 June  South Lakeland
B 14 June  Eden
C 15 June  Carlisle
D 20 June  Barrow
E 21 June  Copeland
F 22 June  Allerdale
Move More with Mr Stretch

- Let’s play! Clock up 60 minutes’ worth of active play each day after school and at weekends – this includes running around, going to playgrounds and doing outdoor games. And best of all for your grown-ups - it’s all free!

- Active travelling - Get off the bus and out of the car – if it’s walkable or cycle able - do it.

- Do a 10 Minute Shake Up! Any burst of 10-minute activity counts as a Shake Up and goes towards the 60 minutes of physical activity kids need a day. Get a grown up to search ‘Change4Life’ for lots of Disney inspired activities.

- Get up and about after eating - instead of plonking down on the sofa after dinner get moving around, it helps you to digest your food and can be fun too.

- Get splashing about whether it’s lengths of the pool, or just playing about in the shallow end, a trip to the pool is a great way to get moving.

- Activity doesn’t have to be organised you can just add more into your everyday life. Why not put some music on and dance around the house, help mum and dad with their jobs or try a new active game outside with your friends.

My Swap

Mr Stretch promises to swap 10 minutes of playing on his phone, for 10 minutes of skipping… now your turn…..

I will swap 10 minutes of ______________________for 10 minutes of ______________________

Activity Finder

- Physical Activity and moving more can be fun as there is something for everyone!

- You just need to keep looking for more ideas - to find activities locally go to the Active Cumbria Activity Finder www.activecumbria.org

Disability Sport

We can all do some form of activity, if you have a disability or an impairment there are many opportunities you just need to make sure that you find a sport or activity which suits your abilities.

To help you find the right activity for your ability you may want to get some further advice about which sport best suits you why not visit www.parasport.org.uk/find-a-sport

Whatever your health condition being more active can only make you feel fitter and healthier. Go to www.activityalliance.org.uk for more information.

Mr Stretch Says...The most important thing is to start moving, it all adds up and a little bit more activity is better than none. **Active Kids = Happy Kids** ☺
A Day in the Life of

Think about all the different ways that you can do more activity, we have given you a few ideas but why not record what you plan to do. You can even get the family involved!

During school time?
Walk to school, play football at break or ______________________________________

At Home?
Ride your bike, go skateboarding or ______________________________________

On my Own?
Put on some music and dance, skipping or ____________________________________

With Friends?
____________________________________________________________________

How will I get my 60 minutes of Physical Activity today?

10 minutes 10 minutes 10 minutes 10 minutes 10 minutes 10 minutes

Name___________________________________
Mr Stretch loves to be as active as possible and that even includes the journeys he makes to and from school. He is very keen that we all become more active in our daily lives. **Why not try...**

**Cycling to school**

Mr Stretch is a big fan of cycling as not only does it keep him fit and healthy it is also great for the environment. Mr Stretch’s top tips for cycling are:

- Keep yourself protected and wear a helmet
- Make sure you have the right size bike – you need to be able to touch the ground with your feet
- Wear something bright
- Wear something reflective at night and make sure you have lights that work
- Signal clearly at all times and ride in a position where you can see and be seen.

Your school will be offered Bikeability training – make sure you take part. This will give you the confidence and skills to help you ride more safely.

**Other ways to travel to school**

**Walking to school**

If you don’t have a bike or fancy a change why not try walking to school instead. Here are Mr Stretch’s top 3 reasons to walk:

- It’s fun – you can meet a friend and walk to school so you can spend more time together
- It’s a great way to make short journeys instead of taking the car; it’s good for the environment and saves mum and dad money.
- It helps towards your 60 minutes of activity a day – it also helps everyone else in the family to become more active.

**Scooting**

If you fancy something different again to walking how about scooting to school? Scooters are easy to look after and store and scooting keeps you fit. Mr Stretch’s top tips for scooting are:

- Wear suitable footwear such as trainers. Sandals and flip-flops aren’t!
- Be careful of baggy clothing that may get caught up in the scooter
- Always make sure you have your schoolbag on your back securely. If it’s over your handlebars, it could throw you off balance
- Put any clothes you aren’t wearing in your schoolbag.

You can also ask if your school is taking part in the Scooter Skills Challenge.

Cycling and Walking are great ways to explore your local area and easy to do as a family – why not go for a bike ride after school or walk to your friend’s house. Just make sure you walk as much as possible. More information on cycling and walking can be found by visiting:


**Mr Stretch Says...** You will be more awake and ready for school if you travel there actively: walking, cycling or scooting to school wakes up your mind and body.
Fuel Time with Mr Stretch

Eating the right types of food and the right amount is really important as it gives us the energy we need to be more active and to concentrate more whilst in school. Here are my top tips:

- **Always eat breakfast** – this is the best way to start the day and gives you the energy you will need until lunchtime. A breakfast based on carbohydrates (starchy foods) will help you to concentrate at school.

- **5 a day** – it’s easier than you think to eat your 5 a day. A portion of fruit or veg is roughly the amount you can fit into the palm of your hand. It can be fresh, frozen, dried or tinned but not potatoes! Try having something at every meal – try and build an alphabet of fruit and veg below and see whether you can taste something new each week.

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- **Eat Less Sugar** – it’s not just about cakes, sweets and biscuits there is also a lot of hidden sugar in food and drinks. Did you know that one can of coke contains the equivalent of 7 cubes of sugar and there are 5 sugar cubes in a bar of chocolate. The maximum daily amounts of added sugar for children aged 4-6 is 5 cubes and for those age 7-10 6 cubes.

- **Drinks** – make sure you remember to drink enough; sometimes we think we are just thirsty. When you are being active you need to make sure you drink before, during and after exercise as you will lose water through your skin as you sweat. The best things to drink are water and milk whilst you should drink less fizzy drinks and squashes as they are full of sugar which can cause tooth decay. Remember to brush your teeth!

Mr Stretch Says...

Make a small change every day and try a new fruit or vegetable every week.
It is important to eat a Balanced Diet and Mr Stretch does this by following the ‘Eatwell’ guide. It shows how much of what we eat should come from each food type to achieve a healthy, balanced diet.

You also need to make sure that you eat ‘me’ size portions as an adults tummy is much bigger than yours so you won’t need to eat quite as much food as mum or dad.

For each meal, draw a green circle around the healthiest choice and a red circle around the least healthy choice. Then add another healthy choice in the final column.

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**Eatwell Guide**

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

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### Time of day

<table>
<thead>
<tr>
<th>Food and drink choices</th>
<th>Another healthy choice</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<tr>
<td>Sugary cereal (30g)</td>
<td>Wheat biscuit cereal (2 pieces)</td>
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<tr>
<td><strong>Drink</strong></td>
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<tr>
<td>Water</td>
<td>Juice drink</td>
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<tr>
<td><strong>Morning snack</strong></td>
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<tr>
<td>3 chocolate biscuits</td>
<td>Apple</td>
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<tr>
<td><strong>Lunch</strong></td>
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<tr>
<td>Low fat, lower-sugar yoghurt</td>
<td>Split pot yoghurt</td>
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<tr>
<td><strong>After school snack</strong></td>
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<tr>
<td>Chocolate muffin</td>
<td>Plain rice cakes</td>
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<tr>
<td><strong>Dinner</strong></td>
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<tr>
<td>Ice cream and chocolate sauce</td>
<td>Sugar-free jelly</td>
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**Mr Stretch Says...** Following the Eatwell guide will help you make healthier choices and will provide you with a wide range of nutrients in order to make sure your body stays healthy and works properly.
TOUCH THE TOUR COMPETITION

Design a Jersey

To celebrate Cumbria’s Stage 6 of the Tour of Britain, Cumbria County Council and partners are offering school children across Cumbria the opportunity to design the Stage 6 Winners Jersey. One lucky entrant will win the opportunity to have their design made up and awarded to the stage winner. A winner will be selected by a panel of judges and as well as winning your own designed jersey they will also receive a VIP experience at the Tour of Britain.

Entries must be submitted by Friday 6 July. One entry per person.

Please post entries to Joanna Coleman, Active Cumbria, Cumbria County Council, Cumbria House, 107-117 Botchergate, Carlisle CA1 1RD. Alternatively you can email entries to feedback@activecumbria.org

Please write your full name and home address on your entry.

Terms and conditions online at www.activecumbria.org/tob
Along with the Design a Jersey competition, Cumbria County Council are also looking for budding young creatives to help design, The Stage 6 starter flag. The winning design could be used to wave off 100 of the world’s best riders as they set off from Barrow on one of the toughest stages The Tour has to offer. The winning design will be selected by a panel of judges and the winning entrant will receive a copy of the flag and a VIP experience at the Tour of Britain.

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Learn to ride with
HSBC UK Ready Set Ride

Fun and flexible cycling activities for the classroom, playground and home.

1 Prepare 2 Ride

2 Skills 2 Ride - Balance

3 Skills 2 Ride - Pedals

HSBC UK Ready Set Ride is a simple learn to ride programme that is perfect for schools and can easily be delivered by teachers and support staff. It’s also designed to be taken home to get families playing together and cycling together.

readysetride.co.uk/schools
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There's something for everyone on our Activity Finder

www.activecumbria.org

Be part of it!
Now that Mr Stretch has given you some brilliant tips for becoming more active and eating well, it’s now time for you to take on the challenge.

**Over the Summer I will:**

Try ______________________________________________________________

Try ______________________________________________________________

Increase the amount of activity I do during the day from _______________ minutes to _______________ minutes

Walk or cycle at least ______ a month

Try ______________________________________________________________

Try ______________________________________________________________

Make a sugar swap ___________ to _____________