

# SHI WAN NET POST

Issue #8 2023 Stay Fit



FITNESS IS FUN!  
WAYS TO STAY FIT





Miss Elaine

My favourite way to keep fit is to go hiking! Climbing mountains is very rewarding because we can see many things like beautiful flowers, trees and views.



Sometimes I bring Ruby on hikes too. In Hong Kong, there are many beautiful country parks. My favourite hikes are Lion's Rock and The Twins.



It is good exercise because we can get our hearts pumping and build strong leg muscles! Hiking is a type of exercise that we can do alone or with friends. I like to hike with my friends because we can chat while we walk.



Do you remember my Net Talk of Lion's Rock? We can see lots of monkeys there. I think Spring is a perfect time to go hiking before the weather gets too hot in the summertime!



Everyone has different ways of keeping fit because we have different bodies! It takes a lot of discipline and determination to do exercise every day but your future self will thank you for taking care of yourself well.



Did you know that we need to do at least 30 minutes of exercise daily?



Miss Catherine

I enjoy using barbells and weights to increase my strength. I also want to carry my groceries and bags easily, so I need to practise carrying heavy weights. It is an exercise called strength training. If you don't enjoy running or cycling, this can be an option for you!



Miss Raji

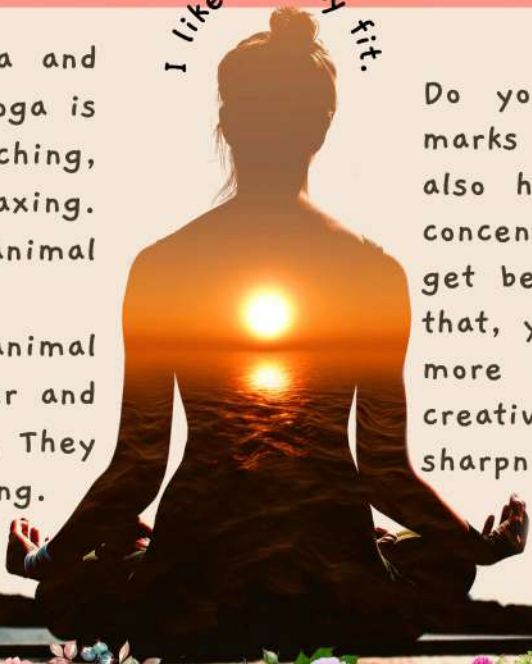


Children are more flexible than adults and will be able to do more stretches so it's great to start doing yoga from a very young age.



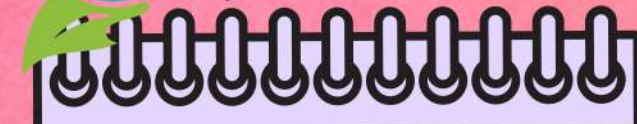
I love to do Yoga and play badminton. Yoga is all about stretching, breathing and relaxing. There are many animal poses in Yoga. My favourite animal poses are the tiger and the butterfly pose. They make my legs strong.

I like to stay fit.



Do you want to get good marks in your test? Yoga also helps us to focus and concentrate in school and get better grades! Not only that, yoga can help us make more friends, increase our creativity and improve the sharpness of our brain!

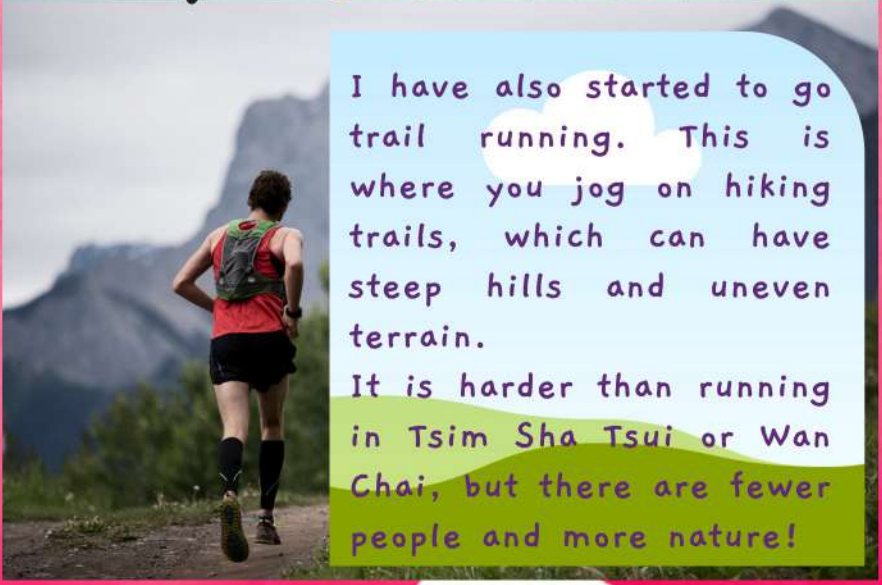
There are more than 100 styles of yoga.



I enjoy staying healthy by jogging! I try to jog at least once a week. Before I go for a run, it is important I stretch so that I don't hurt myself! I like to go running in Wan Chai near the water to see the beautiful views of Kowloon.



I think I can run very fast. How fast can you run?



I have also started to go trail running. This is where you jog on hiking trails, which can have steep hills and uneven terrain. It is harder than running in Tsim Sha Tsui or Wan Chai, but there are fewer people and more nature!

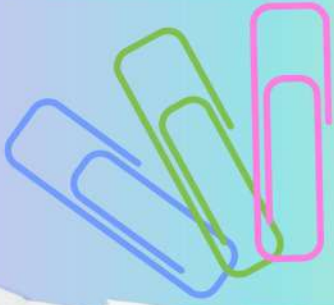


# Time for Questions



Answers

1. Miss Catherine
2. to do yoga
3. hiking
4. Mr Stephen



Circle the correct answer.

1. Who likes to do strength training?  
 (A) Mr Stephen      (C) Miss Raji  
 (B) Miss Catheine
2. Miss Raji likes \_\_\_\_\_.  
 (A) to do yoga      (C) shopping  
 (B) to do skipping
3. Miss Elaine likes to keep fit by \_\_\_\_\_.  
 (A) doing yoga      (C) running  
 (B) hiking
4. Who can run very fast?  
 (A) Mr Stephen.      (B) Miss Catherine.  
 (C) Miss Elaine.      (D) Miss Raji.

## Match the words with the pictures

1. hiking

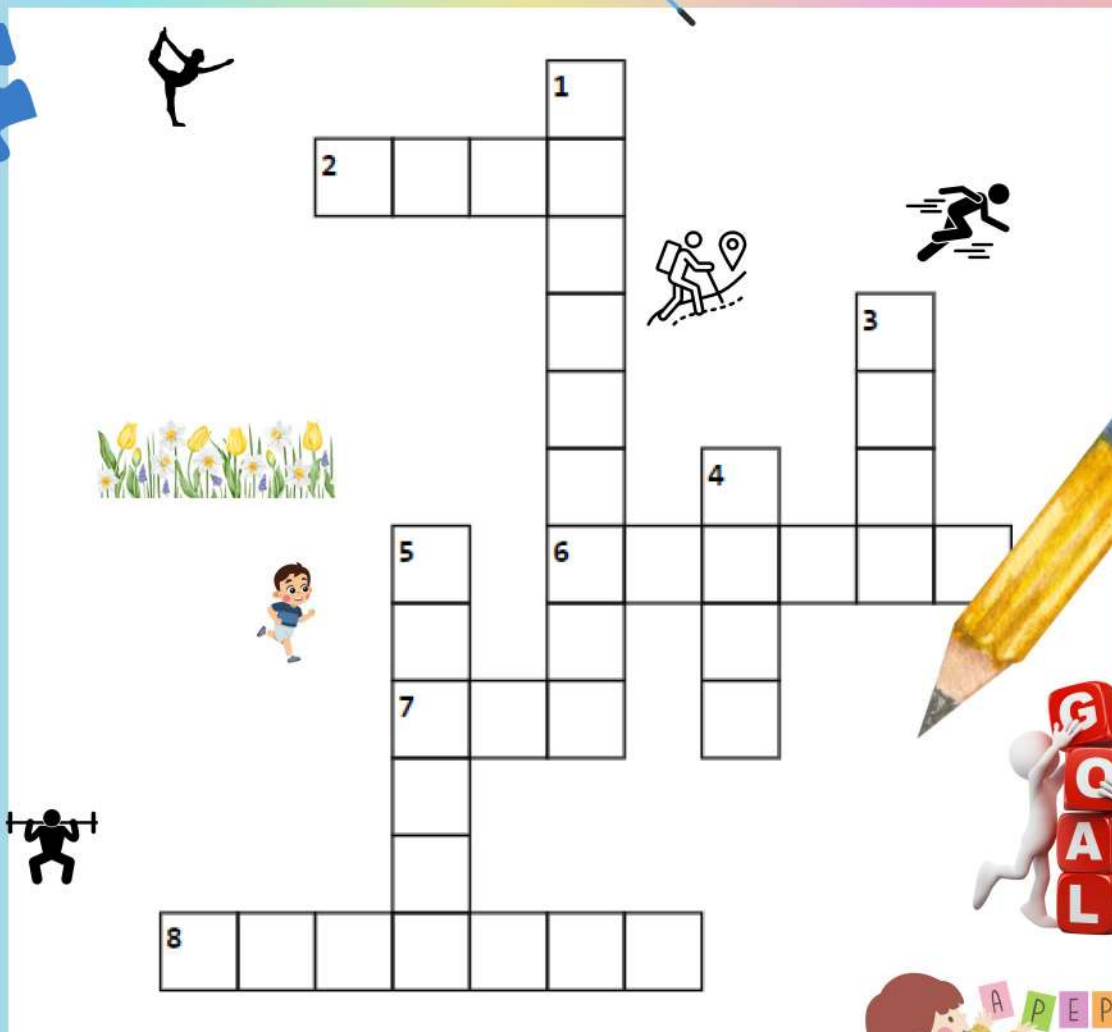
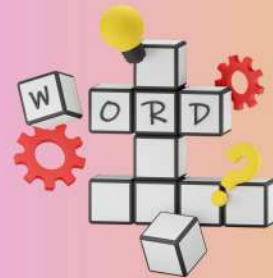
2. running

3. yoga

4. strength training



# CROSSWORD PUZZLE



## Across

2. Miss Raji loves to do \_\_\_\_\_.
6. We need at least \_\_\_\_\_ minutes of exercise every day.
7. Mr Stephen likes to keep fit by doing this.
8. Miss Catherine needs to practice carrying heavy \_\_\_\_\_.

## Down

1. Miss Raji also loves to play this game.
3. Mr Stephen says he can run \_\_\_\_\_.
4. Miss Elaine loves to \_\_\_\_\_.
5. Miss Elaine says this is the best season to go for hike.



1. badminton 2. yoga  
3. fast 4. hike 5. spring  
6. thirty 7. run 8. weights

Answers

