

# Fido's Fire Fit Challenge

Welcome to Fido's Fire Fit Challenge!

We hope you're excited to get going - exercise is important in keeping healthy and our exercises also have some important advice to help keep you safe.

## Get warmed up:

Before taking part in Fido's Fire Fit Challenge, make sure you've warmed up. Fido's favourite warm up exercises are perfect to get your body moving.

1. **Run on the spot or around your space.** Fido likes to run circuits around the fire station.
2. **Play a game.** Fido enjoys tag, football and skipping with his Firefighter friends.
3. **Dance to your favourite music.** Fido likes to dance in the station yard – dance like no one's watching and Fido is sure you'll enjoy it.



## Safety exercises:

**If you fall in water, FLOAT TO LIVE.**

**How to do this exercise:**

- Start with your legs together and arms by your sides
- Jump into a star shape
- Return to your start position
- Do this for eight seconds



Do this for 8 seconds

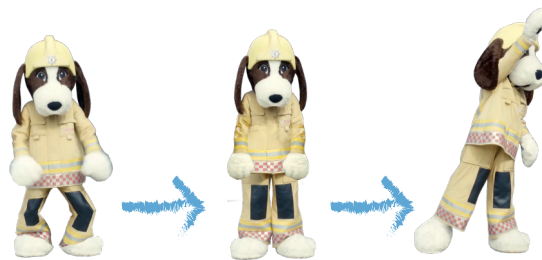
**How is it helping?**

Star jumps help get your blood pumping around your body.

**Test your smoke alarms once per week.**

**How to do this exercise:**

- Bend your knees to squat
- Stand up straight
- Point your arm over your head to the opposite side
- Repeat this eight times



repeat X8

**How is it helping?**

Squats work all the muscles in your legs. Overhead reaches help stretch your shoulders.

**If your clothing catches fire, STOP, DROP and ROLL.**

**How to do this exercise:**

- Stand up straight
- Drop to the ground carefully
- Lie down on your tummy
- Roll from side to side
- Repeat this twice



repeat X2

**How is it helping?**

Squats work all the muscles in your legs. Rolling from side to side works your stomach muscles.

## Safety exercises:

If you discover a fire you must **GET OUT, STAY OUT** and **CALL 999**.

### How to do this exercise:

- Run on the spot
- Stop and put your hands out in front of you
- Raise your hand to your ear
- Repeat twice



### How is it helping?

Running on the spot helps keep your heart healthy.

Always shut internal doors at night and keep exit routes clear. If you can't get out, go to a window and call for help.

### How to do this exercise:

- Raise your arms up and down, as though you're climbing up a ladder
- Jog on the spot
- Do this for eight seconds



### How is it helping?

Ladder climbs get your blood pumping.

Never play with matches or lighters - fire is dangerous and you could get hurt.

### How to do this exercise:

- Bend your knees to squat
- Stand up straight
- Reach your arms over your head to one side
- Repeat this five times



### How is it helping?

Squats work all of the muscles in your legs and reaching above your head works your arm muscles.

## Cool down:

Well done, what a pawsome workout!

Remember, after we exercise, we should cool our bodies down by following Fido's top tips:

1. **Walk on the spot slowly.** This will lower your heart rate.
2. **Take five big deep breaths.** This will help you get oxygen to your muscles.
3. **Give yourself a paw on the back.** You did a great job!

