

Imagine you are a fitness instructor. You need to advise your client on how to have a healthy body.

Your client has asked two questions.

1. What do I need to have a healthy diet? (Explain what your client needs to maintain a healthy diet)
2. Is exercise important? (Explain why exercise is important to keep us fit and healthy. Then explain how often they need to exercise. Give some examples of exercise.)

Have you done any exercise this week?

Every morning at 9am Joe will have live PE lessons on you tube.

<https://www.youtube.com/user/thebodycoach1/videos>

Try some yoga:

<https://www.youtube.com/user/CosmicKidsYoga>