

Spelling Shark 6

George couldn't believe his eyes when he caught sight of the calendar and noticed that it was almost February. He had set himself 2 separate goals of doing regular exercise and eating more healthily, but had actually done very little, which was rather naughty. He had accidentally become lazy and had only occasionally ridden his bicycle during the whole of January. Recent attempts had caused him to be out of breath after only a minute and left him feeling quite strange. This had not been a pleasant experience. He knew that this was an extreme reaction and that he needed to build up his fitness levels. He had a famous friend who was the reigning champion at cycling; perhaps he could create a special regime for him to follow. He would mention it on the eighth of February, when he was due to arrive to discuss other business about a new breathable material he had invented. In the meantime, George decided to experiment with some of his own fitness ideas. He wrote several sentences to help him improve:

1. To remember to eat 3 pieces of his favourite fruit every day,
2. Ride my bike more often – a minimum of 20 minutes per day and
3. Get more natural medicine by drinking water and going outside to breathe lots of fresh air.

George knew that this task wasn't going to be straight-forward, but he was going to try harder to get fitter and healthier in 2016.