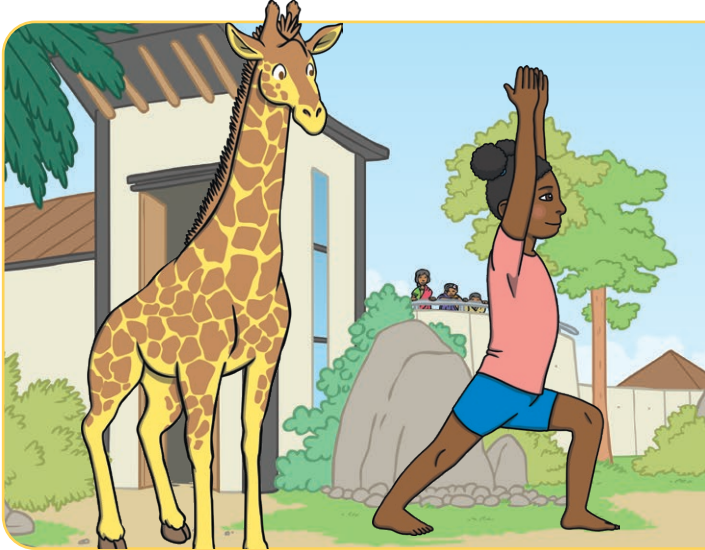


Move at Home: 'The Zoo Vet' Workout

At the zoo, lots of animals are poorly. Can the vet make everyone better?

Read the eBook [The Zoo Vet](#) and then try the different animal-themed exercises below.



Be as tall as George the giraffe

- Step forward into a forward lunge position.
- Stretch up high with both arms.
- Hold the position for 10 seconds.
- Repeat by stepping forward on the other leg and reaching up high.

Balance like Fatima the flamingo

- Balance on one leg, putting your arms out to the side to help you balance.
- How long can you balance like that for?
- Now try balancing on the other leg.
- What happens if you close your eyes?



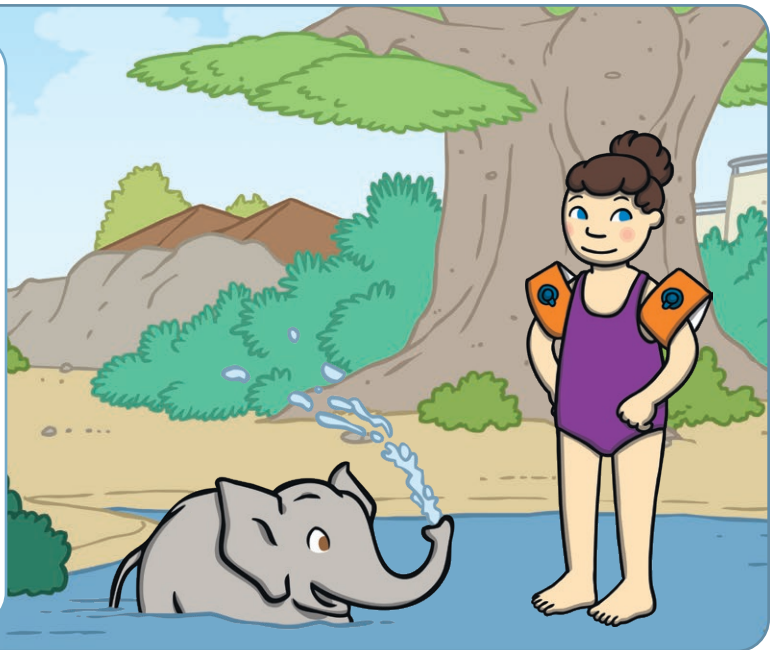
Climb like Cam the chameleon

- Imagine you are a chameleon climbing up a tree.
- Jog on the spot with high knees.
- Use your arms at the same time to pull you up.
- Do it for 20 seconds.
- Have a rest and then repeat.



Swim like Eric the elephant

- Elephants are great swimmers!
- Practise the different swimming strokes with your arms.
- Try:
 - front crawl
 - backstroke
 - breaststroke
 - butterfly



Run like Tori the tiger

- Jog on the spot as fast as you can.
- Make sure you pump your arms as well.
- Do it for 20 seconds.
- Have a rest and repeat.



Make up one of your own

- Now think of your own animal.
- What is it good at?
- Move around like your animal.
- Can you make up an exercise for your animal?