

Holly Be Healthy

A Tale

"Mum! Have we got any more biscuits?" Sam yelled from where he was sat, well more slumped, on the sofa. "I'm hungry and I finished the crisps"



"Mum! I'm bored!" Chloe joined in from where she was sat next to Sam. "We've been watching TV all day, and we've eaten all the snacks, I've finished all the chocolate"

Suddenly there was a loud bang! And a Flash! Followed by a blur of pink!

"Waaaaaggghhhh!" cried the children and fell off the sofa in surprise. "Who are you?" they demanded to know when they had managed to get themselves off the floor and back on the sofa. "Where have you come from?"

The pink blur turned around, "Hi" she said, "I'm Holly Be Healthy and I'm a C19 Mini Superhero, here to help you keep safe and well".

"But we are safe and well" Chloe looked at Sam "Well at least I am!" she added.

"You may feel it" Holly answered, "But what have you been doing all day?"

"Well we watched TV for a bit" Sam said, "And then we played on the games console."

"But we fell out so Mum said we had to stop" Chloe added "and so we went back to watching TV."

"And what have you eaten today?" Holly inquired, looking at the empty crisp, chocolate and biscuit wrappers on the table.

Chloe and Sam looked at each other and then pointed at the wrappers. "Its easy to get" said Chloe, "Mum is really busy at the moment."

"Well to make sure you stay fit and healthy you need to get active and eat healthy food" Holly explained.



"But it's so hard" Sam complained, "I'm really tired, and it's raining so we can't go outside at the moment, there's nothing we can do."



WHOOOOOSH the room started spinning with bright and colourful lights, suddenly fun dance music was blasting out the TV.



"Come on!" cried Holly "Let's dance!" as she twirled around the room.

Chloe and Sam looked at each other, then grinning they stood up and began to dance along with Holly.

"When you exercise and eat healthily it helps your immune system" Holly explained as they danced around, "And that helps you if you catch a virus or other illness, and" she added as she twirled around the room "exercise also makes us happy!"



"Phewww" exclaimed Sam wipping his brow "this is so much fun but I am really thirsty now"

"Hold on" cried Holly as she twirled around and then WHOOOSH the table was covered in healthy snacks such as lovely crisp apples and ripe bananas.

"Oh lovely" cried Chloe as she took a bunch of grapes to eat.

"Delicious" added Sam as he took a big gulp of nice cool water.

"See" said Holly, "Exercise can be fun, dancing around to your favourite songs will help keep you fit and healthy, and fruit and vegetables are an easy and delicious snack, all these things will help keep you healthier which is really important, it's fun to sit and relax and have treats, but you need to be active and eat healthily too."

"Thanks Holly" the children cried as they got up to dance to their favourite tune, "We will"



Can you be a C19 Mini Superhero and eat healthy food, drink plenty of water and do your exercise? Have a look at our Meet the Firefighter Videos and see if you can do the firefighters' fitness challenge and make their healthy snacks.