

Robbie Green- The Fitness Bear!



Every day, Robbie Green (known as the gaming bear) would complete the same daily tasks: he would wake up, eat numerous amounts of chocolate and fizzy pop and finally, he would sit and play on his PS4 all day long. The only exercise he did was either walking to the kitchen for food or using his thumbs on his PS4 console pad. Nobody could convince him to exercise.

Continuously, Miss Byford had asked Robbie to go running with her but he declined her offer. Mrs Byford had asked if he wanted to complete a Pilates session but it was no use... he couldn't be bothered to do anything. Suddenly, Miss Byford had an idea... she needed to show him a well-known video from St Andrew's Healthy Body Crusade. This could possibly change his mind.

In amazement, Robbie stared at the video of Mr Huckstep, a local health-fanatic. In awe, he replayed the video several times. He knew he had to change his lifestyle. Without hesitation, he began to research all about the 'Healthy Body, Healthy Mind campaign' and he couldn't believe how much exercise the staff and the children had completed and all of the money that had been raised. It was clear to see... Robbie Green was impressed. He stared at Miss Byford and whispered sheepishly,

"You were right Miss Byford... I need to transform my lifestyle... please will you help me?"

"Of course I will. It is going to be difficult for us but if we show **endurance** we can do this together!" She replied enthusiastically.

From that day on, Robbie completely changed his lifestyle. Not surprisingly, his nickname changed from 'Gaming Bear' to 'Fitness Bear'. Not only did he run with Miss Byford and stretch into his daily yoga and Pilates poses, he visited Amazon and spent some of his savings on equipment... normally, this was spent on V Bux for this PS4 game.

Each day, he would use his weights, his resistance bands and even his teddy-bear sized exercise ball. He would strengthen his arms with dumbbells and even signed up for Miss Huckstep's keep fit sessions. Miss Byford was so proud of him. She decided to set herself and him a challenge...

To be able to do a pull-up!

Carefully, Miss Byford placed the pull-up bar on the door and they began their training. Firstly, they started by dangling from the bar for 5 seconds, then 10 seconds until they felt confident that their arms were strong enough. Then, they began to jump as high as they could, attempting to reach their chins to the bar. Finally, they tried to complete a pull-up and succeeded.

Robbie Green was extremely thankful for all that he had learnt. He was happy that Miss Byford had shown **love** towards him and had **forgiven** him for sometimes being selfish and not considering others. She had **trusted** that he wouldn't give up and that he would show endurance. Robbie vowed to always show those four values: **love, endurance, forgiveness and trust...**