

**Narrator:** Mummy Pig is watching a keep fit program on television.

**TV:** Come on, now, that's right. bend it, stretch it, bend it, stretch it. And one and two...



**Daddy:** Ahhh! I love watching television.

**TV:** and three and four...

**Daddy:** What's this, Mummy Pig?

**TV:** and one and two...

**Mummy:** It's a program about doing exercises to keep fit.

**Daddy:** Thank goodness! I don't have to exercise! I'm naturally fit.

**Peppa:** You don't look very fit, Daddy; your tummy is a bit big!



**Daddy:** I'm very fit! I'll show you!

What shall I do first?

**Peppa:** Touch your toes. Like this!

**Daddy:** Easy!

**Peppa:** Daddy! Stop pretending that you can't touch your toes.

**Daddy:** Err... I'm not pretending, Peppa.

**Narrator:** Daddy Pig really cannot touch his toes.

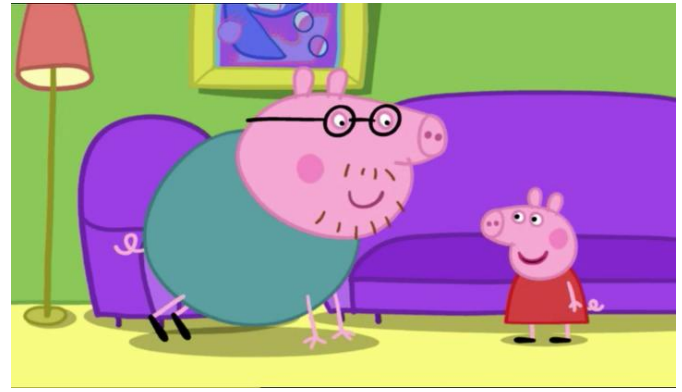
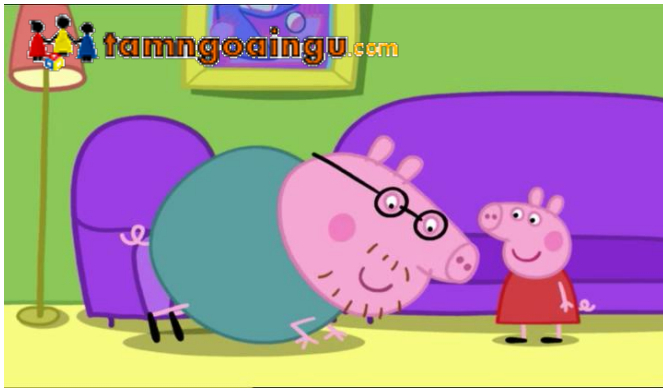
**Peppa:** Oh, dear, Daddy! That's not very good!

**Daddy:** Hmm... Maybe I should do a bit of exercise.

**Peppa:** Yes, Daddy.

**Daddy:** And I will start... tomorrow!

**Mummy:** Daddy Pig! You have to start exercising now!



**Daddy:** Oh!

**Peppa:** Don't worry, Daddy, I will help you.

**Daddy:** Oh, alright! Peppa, you're in charge of getting me fit. What should I do first?

**Peppa:** First, you must do some press-ups!

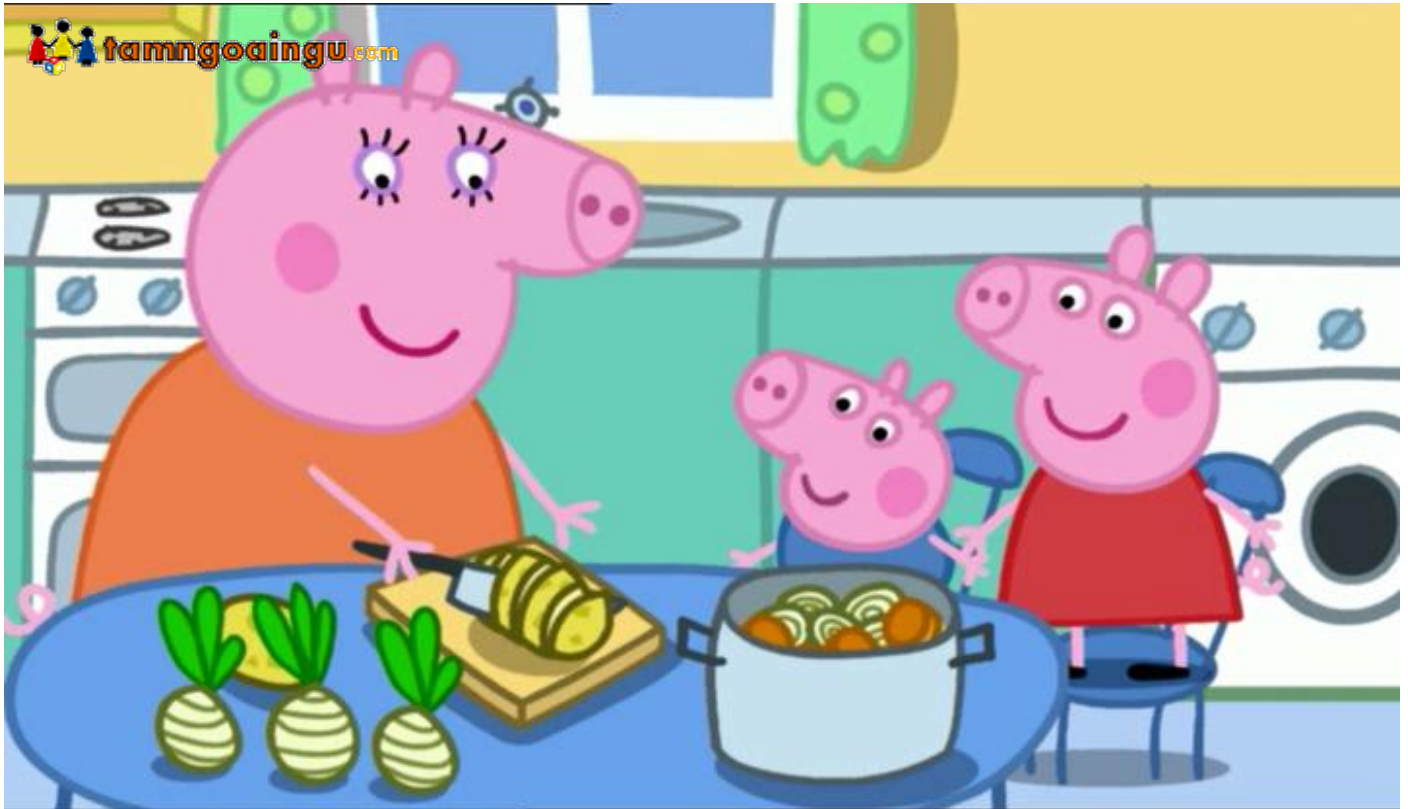
**Daddy:** Easy!

**Peppa:** One, two, There. Very good, Daddy. Now, I want you to do... One hundred!



**Daddy:** One hundred?!

**Peppa:** Yes.



**Mummy:** Come on, children, help me make lunch.

**Daddy:** I'll help as well.

**Peppa:** No, Daddy! You've got one hundred press-ups to do.

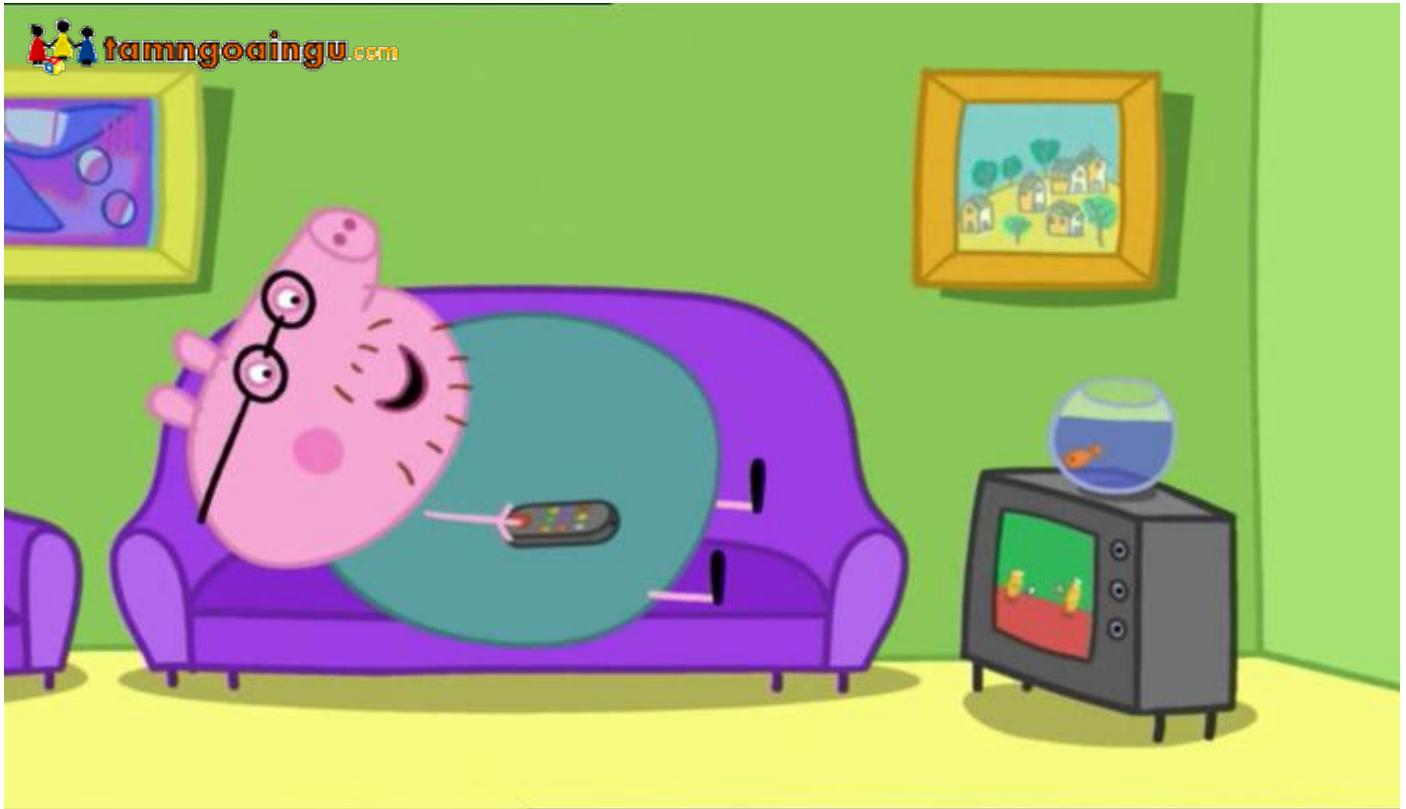
**Daddy:** Oh. One... Two...Three...

**Narrator:** Mummy Pig, Peppa and George are in the kitchen making lunch. Daddy Pig is still doing his press-ups.

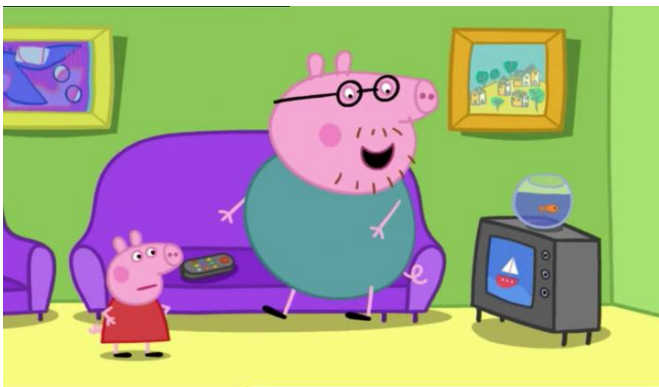
**Peppa;** Daddy is doing very well.

**Mummy:** Yes, I do hope he's not overdoing it.

**Peppa:** I'll go and see.



**Daddy:** Thirteen!... Fourteen!... Fifteen!...Sixteen!...  
Seventeen!..



**Peppa;** Daddy Pig! You're cheating! You should be doing press-ups!

**Daddy:** Oh! Err... There was something interesting on the TV.

**Peppa:** Naughty Daddy!

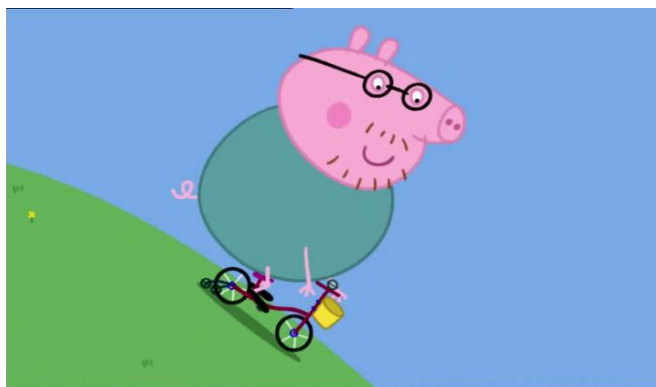
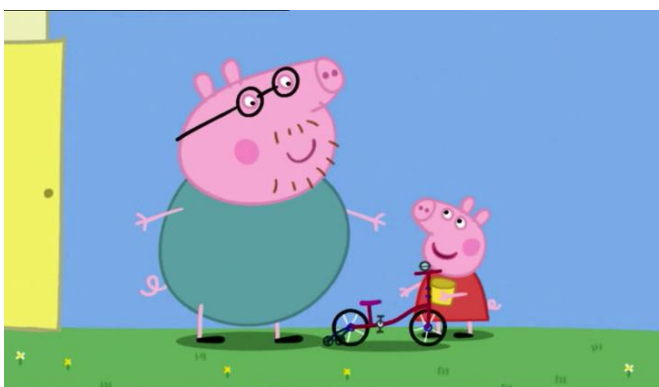
**Mummy:** Maybe Daddy will have more success with my old exercise bike.

**Daddy:** Aha! This looks like fun! I'll be able to cycle and watch TV at the same time. It's impossible! This bike is too noisy. I can't hear the TV!

**Mummy:** You've got to get fit somehow.

**Peppa:** I know! You can use my bicycle.

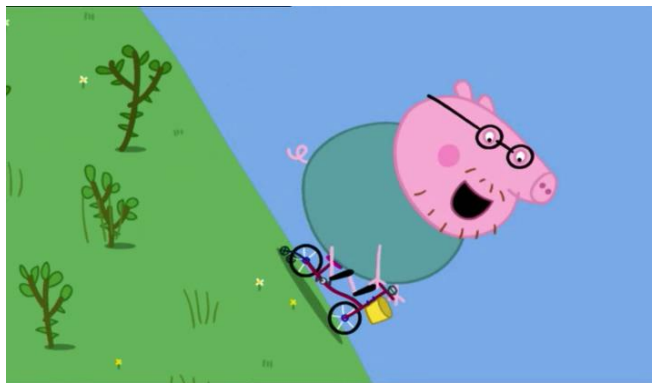
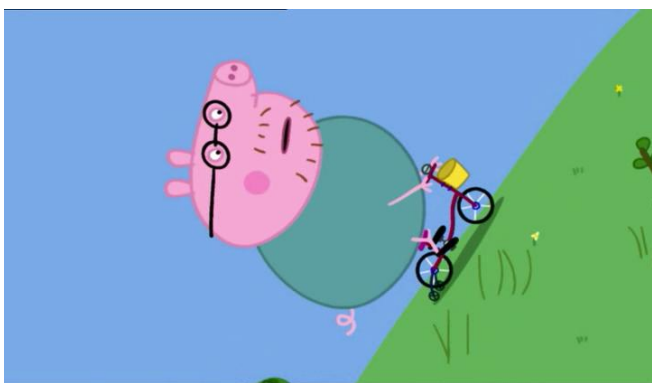
**Mummy:** Yes, and then you'll get some fresh air as well.



**Peppa:** Daddy Pig is going to ride on Peppa's little bicycle.

**Peppa:** Daddy, these are the pedals. These are the brakes... And this is the bell.

**Daddy:** Yes! Yes! Thank you, Peppa, I know. Bye bye. Easy as pie!



**Narrator:** Getting fit is quite hard work. Aha! Now I

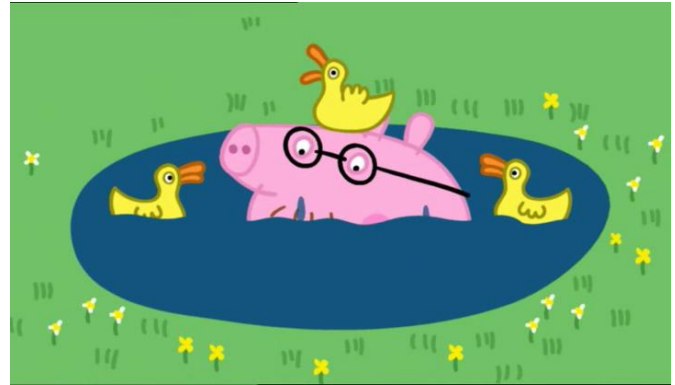
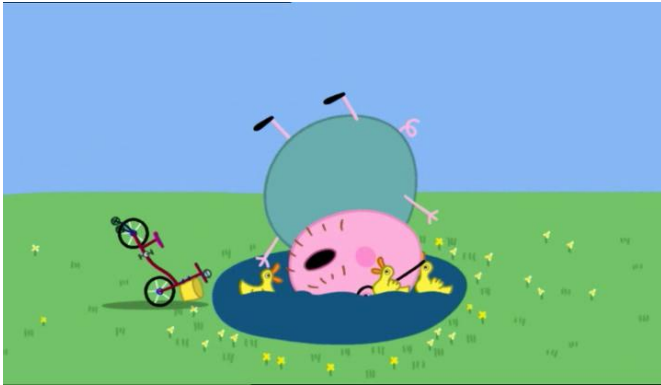


can get fit without having to pedal!

**Narrator:** Daddy Pig is going very fast.

**Daddy:** Oh! Maybe I'd better slow down.

Arrgh! The brakes aren't strong enough! Help!



**Narrator;** Daddy Pig has been gone for a long time.

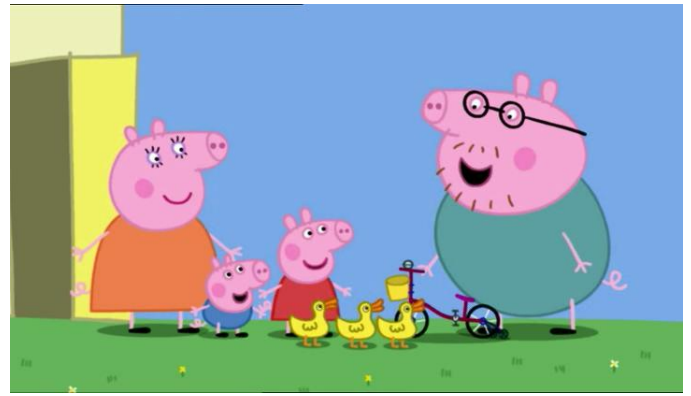
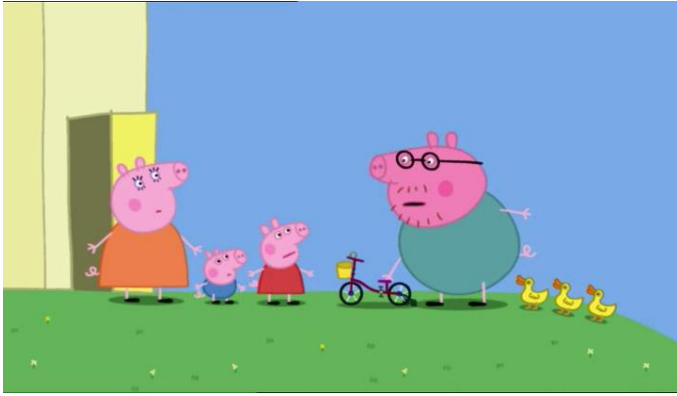
**Peppa:** Mummy, where can Daddy be?

**Mummy:** Don't worry, Peppa. Daddy must be really enjoying himself to be away for so long.





**Peppa:** Daddy! Where have you been?



**Daddy:** I whizzed all the way down the hill, and then I had to push the bike all the way back up again.

**Mummy:** Oh! Poor Daddy Pig!

**Daddy:** Well, at least I've done my exercise.

**Mummy:** Yes. For today.

**Daddy:** What do you mean?

**Mummy:** You'll have to do some more exercise tomorrow.

**Daddy:** What?

**Peppa:** Daddy, to get fit, you have to exercise every day.

**Daddy:** Oh, no.

**Peppa:** But don't worry, Daddy, I'll make sure you do it.

**Daddy:** Yes! I know you will.