

How to...



Start circuit training

Improve your fitness in 2018.

Christmas is a time for celebration with friends, family and food – lots of food! In the New Year, many people resolve to get a bit fitter after scoffing too much over the festive holiday, and circuit training is a great way to do it.

The three most important parts of a good fitness regime are cardio (like running), strength and stretching. Stretching keeps you supple, while cardio gives you stamina and strength improves your power.

Start by stretching. Stand tall with your left foot in front of your right foot and lift your right toes. Bend your right knee. Rest your hands on your right thigh for balance. This exercise will stretch your hamstrings and calves. Next, go for a jog. Start with a five-minute walk, then jog for five minutes and walk again for five minutes. Finally, it's time for some press-ups. You will need to be on all fours (hands and toes on the floor) and position your shoulders over your wrists. Bend your arms until they're at 90 degrees, then push yourself back up. Make sure you keep your back straight and your tummy tucked in. If you do these exercises regularly, you'll find yourself getting fitter and fitter.

Find time to stretch before exercise.



WOW! Studies have shown that exercise also has an effect on your mood. Exercising releases endorphins – chemicals in your brain designed to make you feel great.

Got an idea? Made something cool? Share it with us at hello@theweekjunior.co.uk



IN ASSOCIATION WITH



SHEAFFER
Pen & Art Supply Co.

Competition winners

Here are the results of Pen a Poem 2017!

At the end of September, *The Week Junior* joined forces with Sheaffer to launch a poetry competition. We asked you to send us poems on the theme of freedom, which was the topic of National Poetry Day 2017.

We received more than 400 entries and they were judged by *The Week Junior* editorial team. We were really impressed with the quality of the entries, the

diversity of ideas and the range of styles in which they were written. The subjects of the poems varied enormously and included ageing, discrimination, education, endangered animals, friendship, flying, slavery, war and weekends. It was a very difficult decision to make but we eventually managed to pick one overall winner and two runners-up. Drumroll, please...

The Pen a Poem competition winners are...

THE WINNER

The overall winner of the Pen a Poem 2017 competition is Max Hoffman, aged eight, for his brilliant poem, *Jetset Granny*. Well done, Max.

RUNNERS-UP

The two runners-up are Daisy Flann, aged nine, for *Octopus Escape* and Eve Harknett, aged 11, for *Freedom*. Congratulations to you both!

We would like to say a big thank you to everyone who entered, and well done to you all for coming up with such amazing and original poems.

PRIZES: The winner and runners-up each receive a Sheaffer goody bag, an Amazon gift card and a copy of *A Poem for Every Day of the Year* by Allie Esiri, published by PanMacmillan.

WINNING POEM

Jetset Granny

By Max Hoffman

Betty lived in a nursing home
She felt cooped up, all alone
For years she planned her great escape
Finally the plot took shape.

Betty looked on the internet
Finding a broken rocket set
No problem for Betty (an engineer)
She knew the garden wall could be cleared

She strapped on the rocket, great elation
Unfortunately next door was a police station
She came down quickly, total fail!
Ending up behind bars in jail.

Her friends arrived and took her home
Suddenly she no longer felt alone
No more tricks or rockets again
Good behaviour and bed by ten.



Max

