

**Young Money Challenge 2021**

Child First Name

Carlotta

Child Last Name

Trapani

Age

7

Year Group

Year 2

School Name

Dair House School.

**Tell us about your creation...**

My creation is called Connie the caterpillar.  
She helps you get fit every day her body  
is one exercise <sup>and</sup> each day of the week.

**What can people do to help them make healthy choices without spending too much money?**

You can go for a walk in the park and  
it will make your legs stronger.  
There are lots of "no equipment" exercises  
You need to exercise for free

Connie the caterpillar

Carlotta  
Trapani



Mon  
3 min  
star jumps

Tue  
3 min  
push ups

Thu  
3 min  
squats

Wed  
3 min  
jumps

Sun  
3 min  
running  
on the  
spot

Sat.  
3 min  
burpees

Fri  
3 min  
lunges

STAY Happy  
and Healthy