

NAME _____

DATE _____

Get fit with Frankenstein!

- Dr Frankenstein's monster does not know how to exercise properly and has injured himself. Take a look at how this is affecting him.

- What will happen to his body as he gets older if he does not exercise at all?

- What can he do to get fit sensibly?

- Write a fitness guide for the monster to follow. Illustrate your guide with some really horrible diagrams of the monster doing your fitness workout!

- Now draw and label in the box what the new fit Frankenstein's monster could look like if he follows your guide to healthy and sensible exercising.


