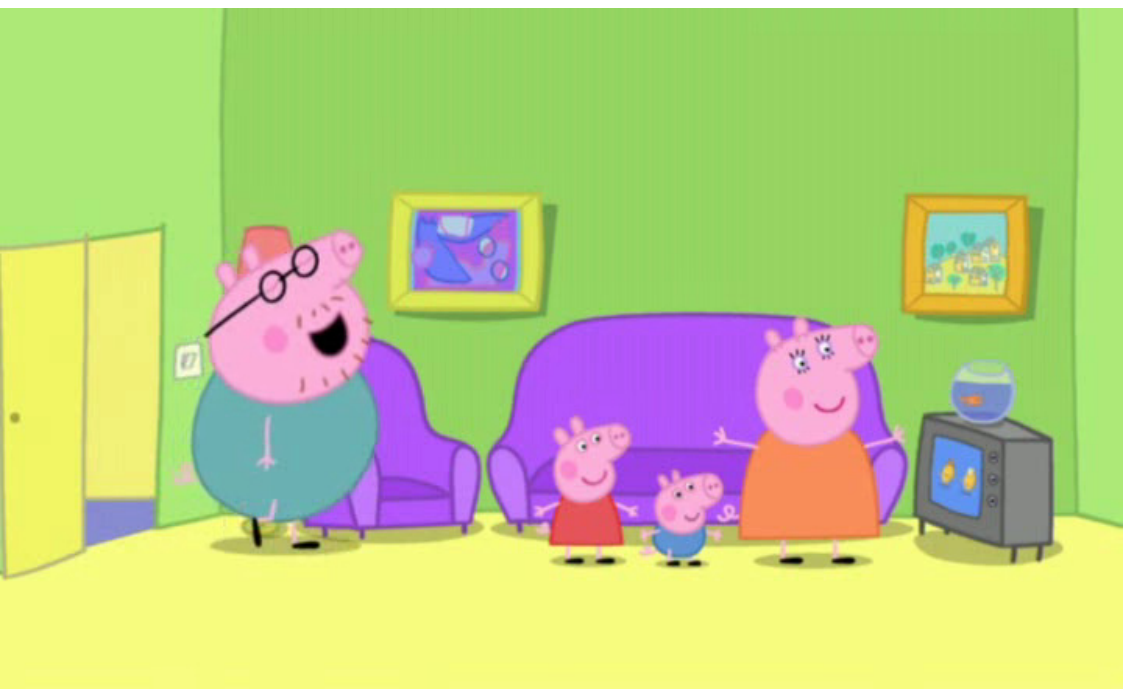


# Daddy Gets Fit

S1-42





**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.

**Daddy:** Ahhh!

**TV:** and one and two

**Daddy:** 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 can not touch his toes.

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

**Daddy:** Hmmm... 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, Three. 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.

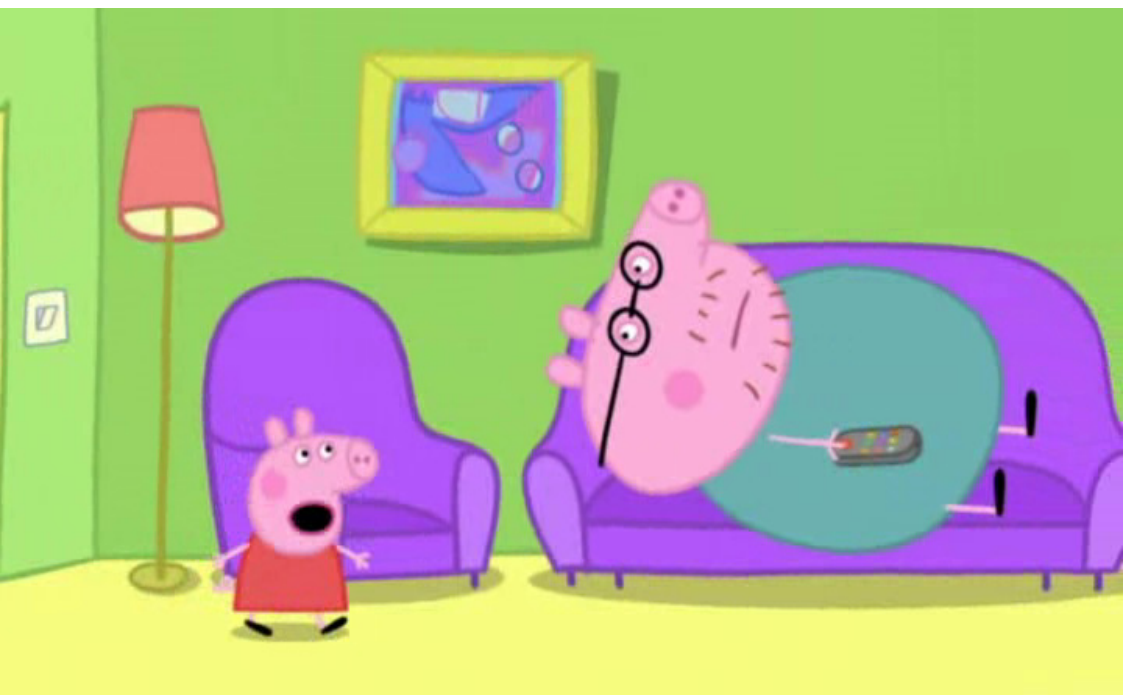
**Daddy:**Oh. One...Two...Three...

**Narrator:**Mummy Pig, Peppa and George are in the kitchen making lunch.

**Daddy:**Four...Six...

**Narrator:**Daddy Pig is still doing his press-ups.

**Daddy:**Seven!...



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

**Daddy:** Eight! Nine!...

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

**Daddy:** Ten!... Eleven!... Twelve!...

**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.

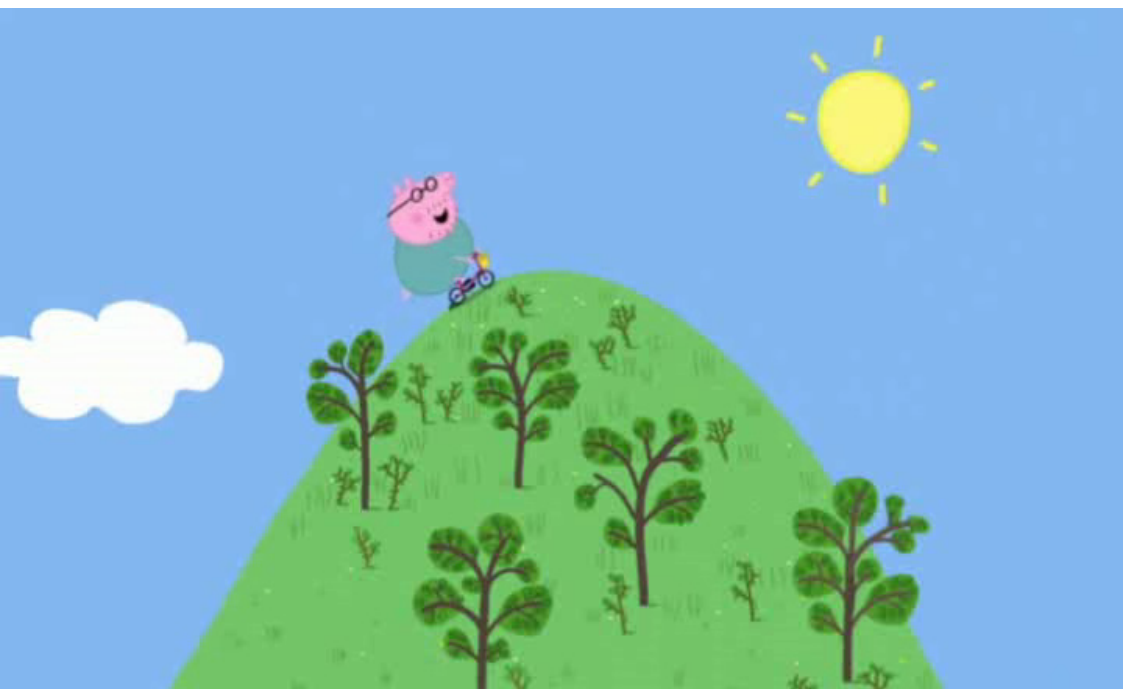
**Mummy:** Yes, and then you'll get some fresh air as well.

**Narrator:** 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.





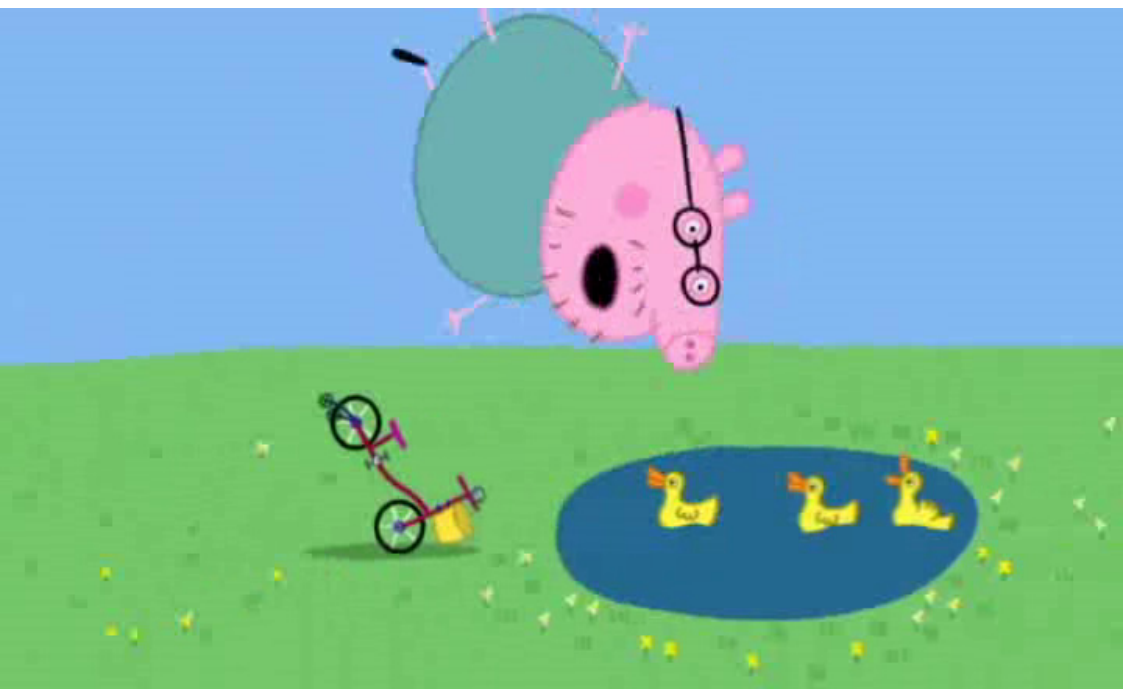
**Daddy:** Yes! Yes!

Thank you, Peppa, I know.

Bye bye.

**Daddy:** Easy as pie!

**Narrator:** Getting fit is quite hard work.



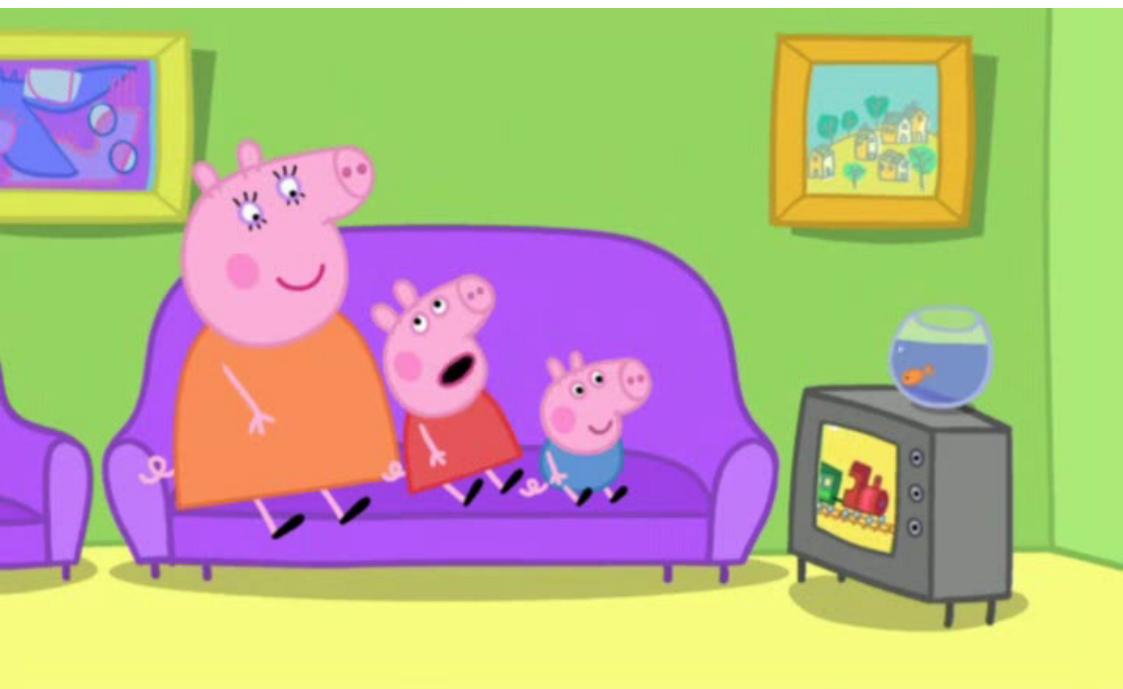
**Daddy:** Aha! Now I can get fit without having to pedal!

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

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

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



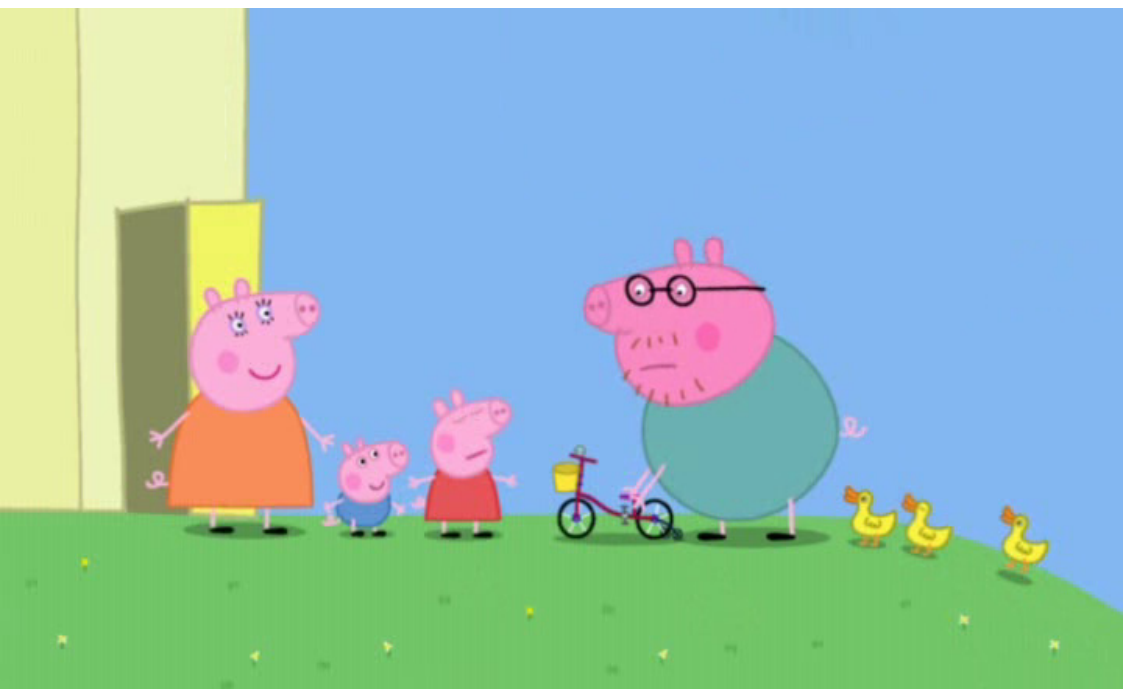


**Narrator:** Daddy Pig has been gone for a long time.

**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.

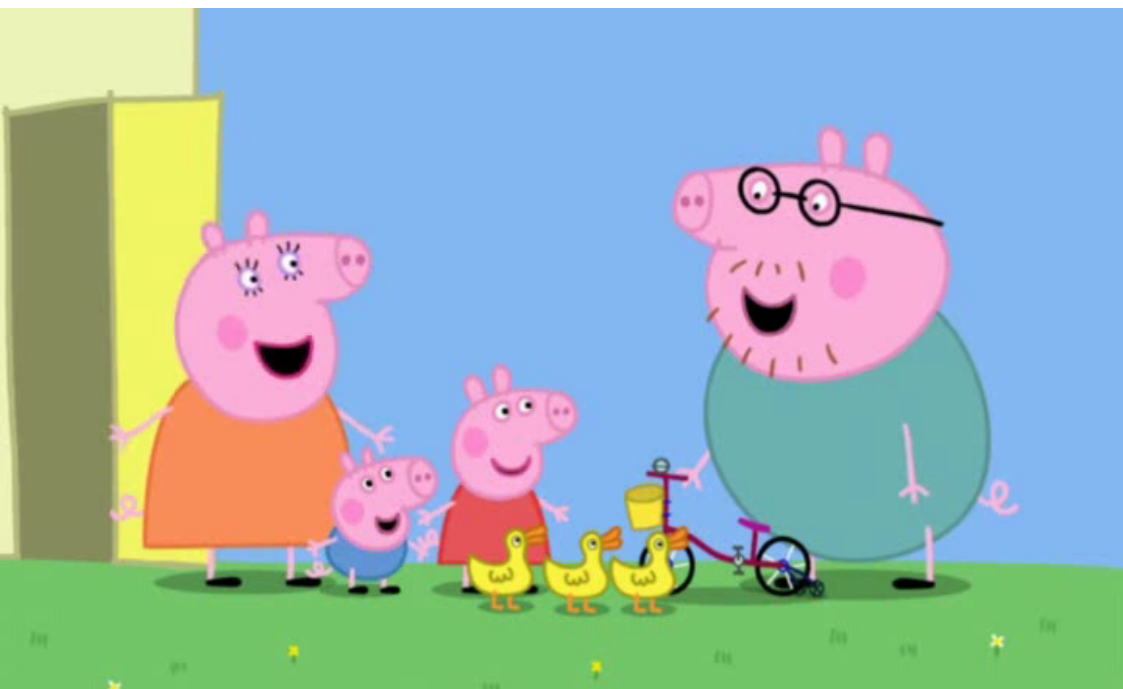
**Mummy:** Oh! Poor Daddy Pig!

**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.

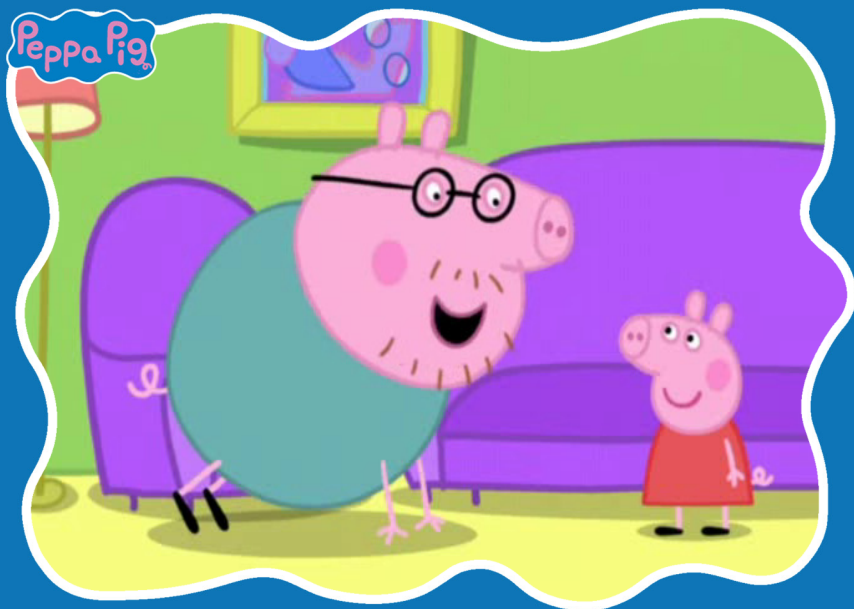
**Daddy:** What?

**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.



S1-42



Daddy gets fit



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