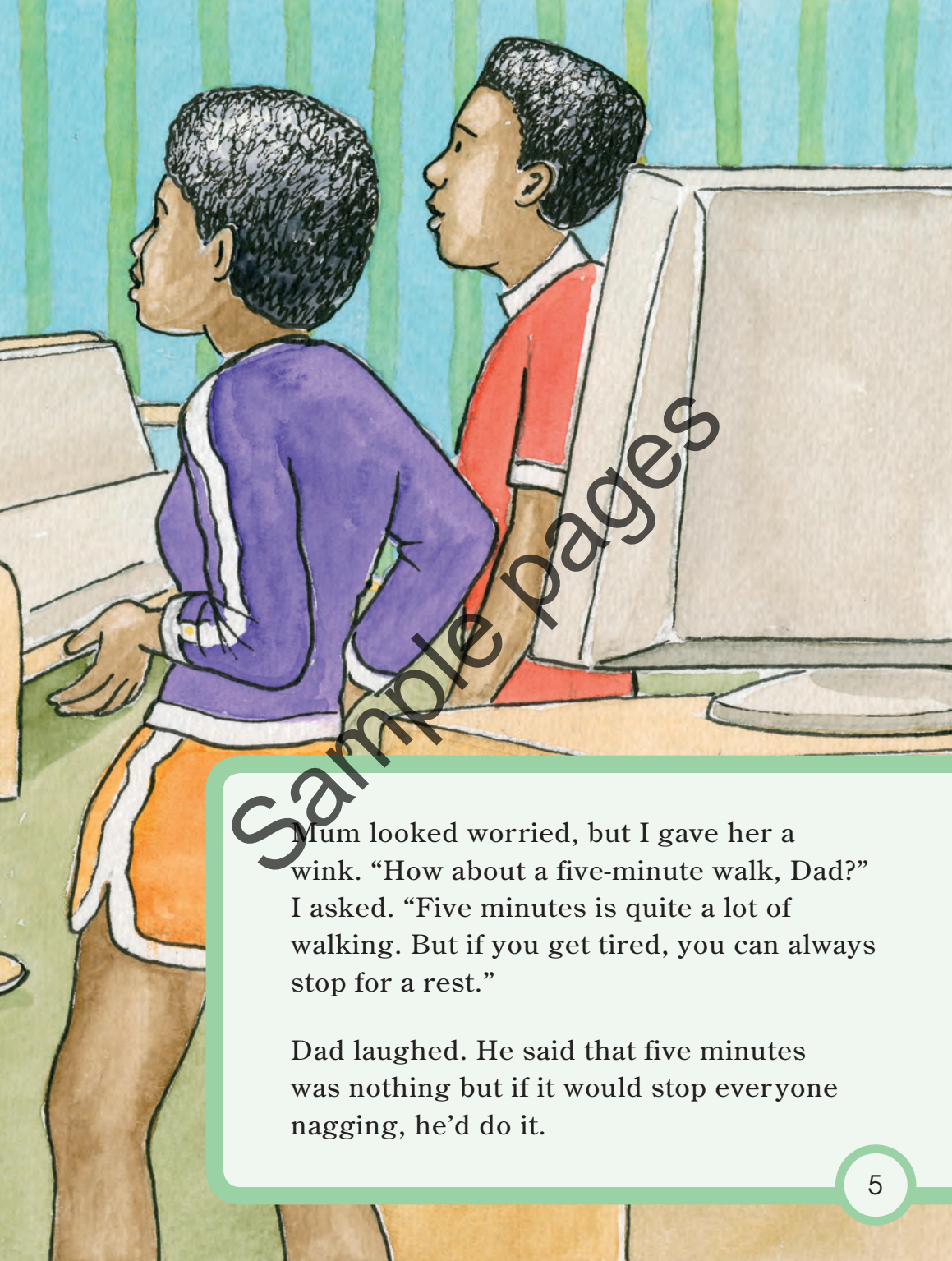




Luke thought that Dad could start with just a thirty-minute walk and build up to an hour. Dad said a thirty-minute walk was only for **superheroes!**

Elly asked Dad if twenty minutes would be okay. Dad said that if he agreed to twenty minutes, next thing she'd have him walking for an hour.



Mum looked worried, but I gave her a wink. “How about a five-minute walk, Dad?” I asked. “Five minutes is quite a lot of walking. But if you get tired, you can always stop for a rest.”

Dad laughed. He said that five minutes was nothing but if it would stop everyone nagging, he’d do it.