



Sammy the Squirrel is enjoying every moment of his jogging across and around the tree trunk, then running feet up and head down with his long bushy tail hiding his view as he scampered to the root of the tree. "The hot weather is perfect for any sort of jogging exercises," Squirrel squeaked

Mister Sammy the Squirrel felt proud of himself, "I do not feel so stiff anymore. I am as fit as a fiddle. Gosh nothing comes with out breaking a sweat. I am so glad I take the time off to shed some spare tires off my waist. I must do this more often," Squirrel concluded.