

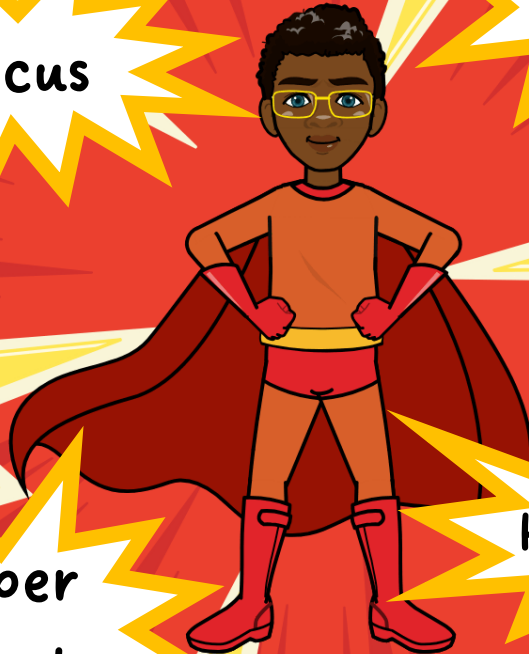
Physical activity gives me.....

Focus

Super
sleep

Super
smarts

Happiness





Hi
my name is
Mason. I am 7
years old.



I'm a bit shy but really friendly. I also have ADHD which means my brain works differently to other kids.

My favourite things
are science, my family,
gaming, and my
absolute favourite
thing is.....









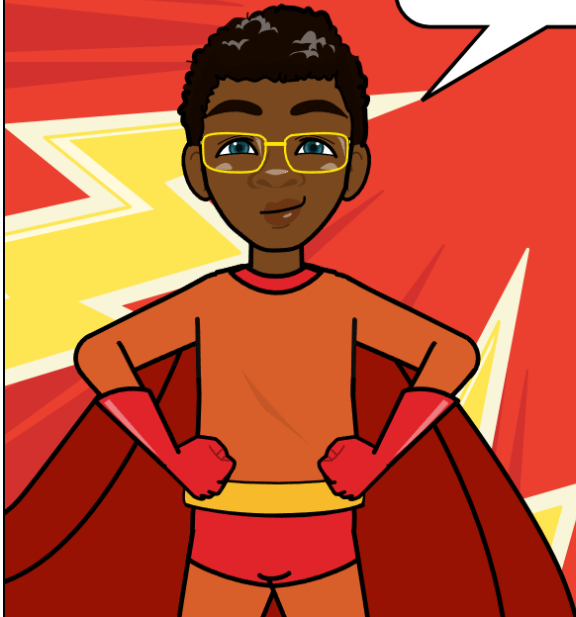
Dopamine Dynamo

Did you know that when you exercise, your brain releases a special power-up called dopamine? It's like fuel to help your brain focus and pay attention, just like your favourite superhero getting a boost to defeat the bad guys!



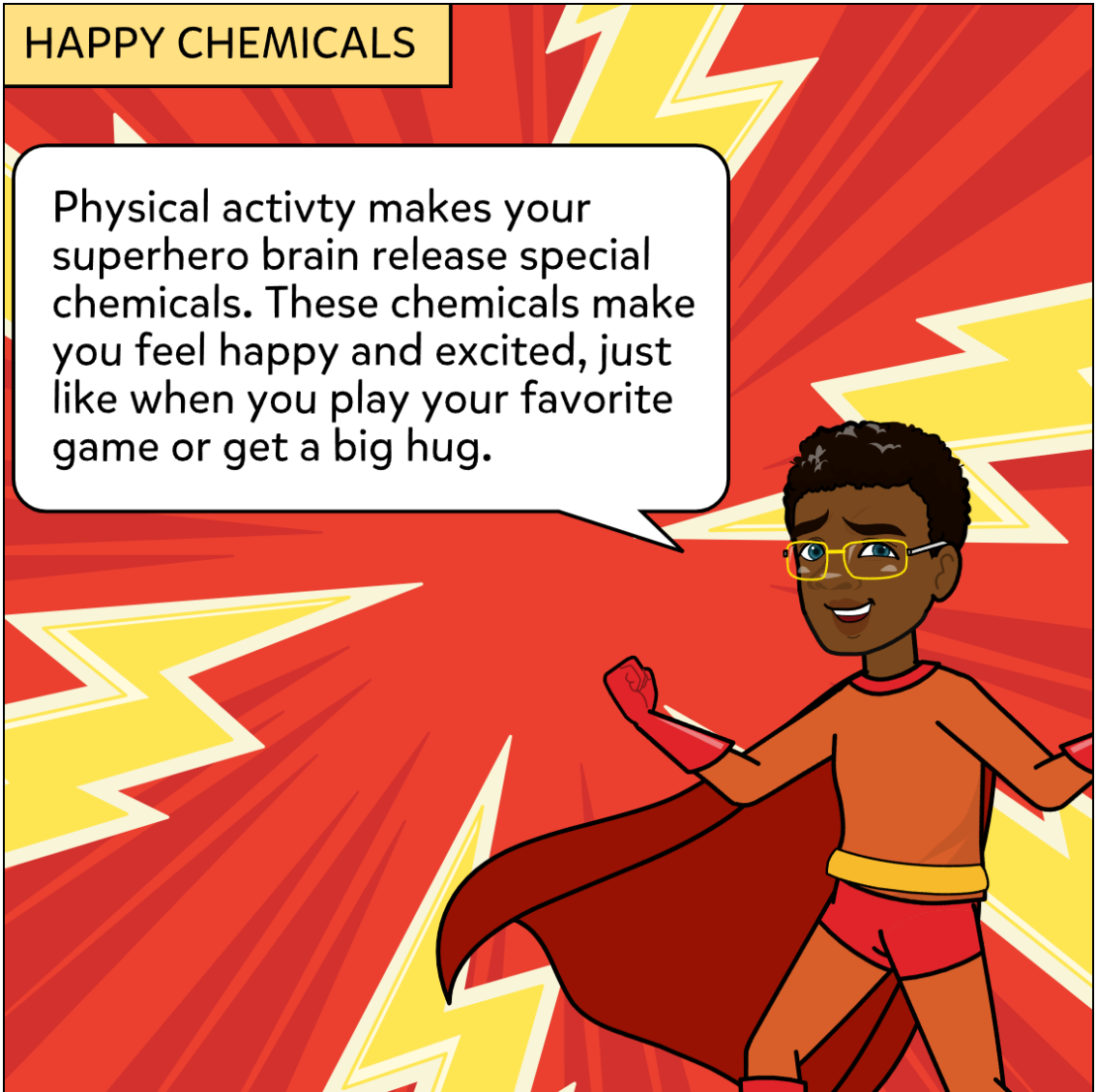
SUPER BLOOD FLOW

When you are active, lots of superhero helpers (called blood cells) go to your brain. They bring lots of oxygen and nutrients to help your brain work better.



HAPPY CHEMICALS

Physical activity makes your superhero brain release special chemicals. These chemicals make you feel happy and excited, just like when you play your favorite game or get a big hug.



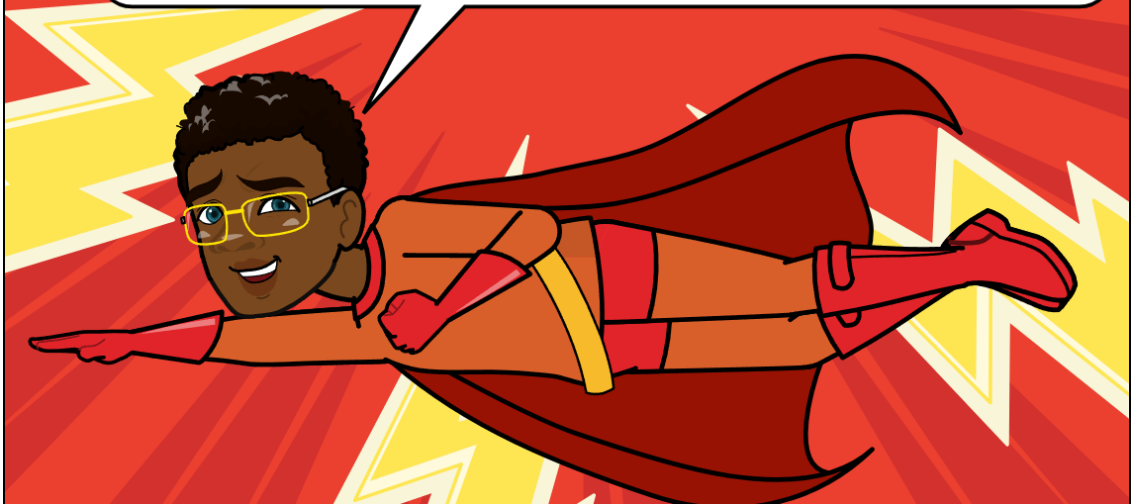
BRAIN GROWTH



Being active helps your superhero brain grow! It makes new brain cells and builds bridges between them. A stronger brain makes it easier to remember things, switch tasks, and control your impulses, just like a superhero with super smarts!

SUPER SLEEP

Sometimes, you might feel like there's lots of extra energy inside you, right? Well, when you're active, you get to use it all up. It helps you feel calmer and less jumpy, so you can think before you act, just like a smart superhero! It also helps you sleep better, when you get a good night's sleep, your superhero brain is ready to focus and do amazing things!



So, physical activity activates all these superhero powers in your brain. And when your superhero brain is happy, strong, and well-fed, it has super focus, making you a superhero at schoolwork, games, and anything else you want to do! Isn't that awesome?

