

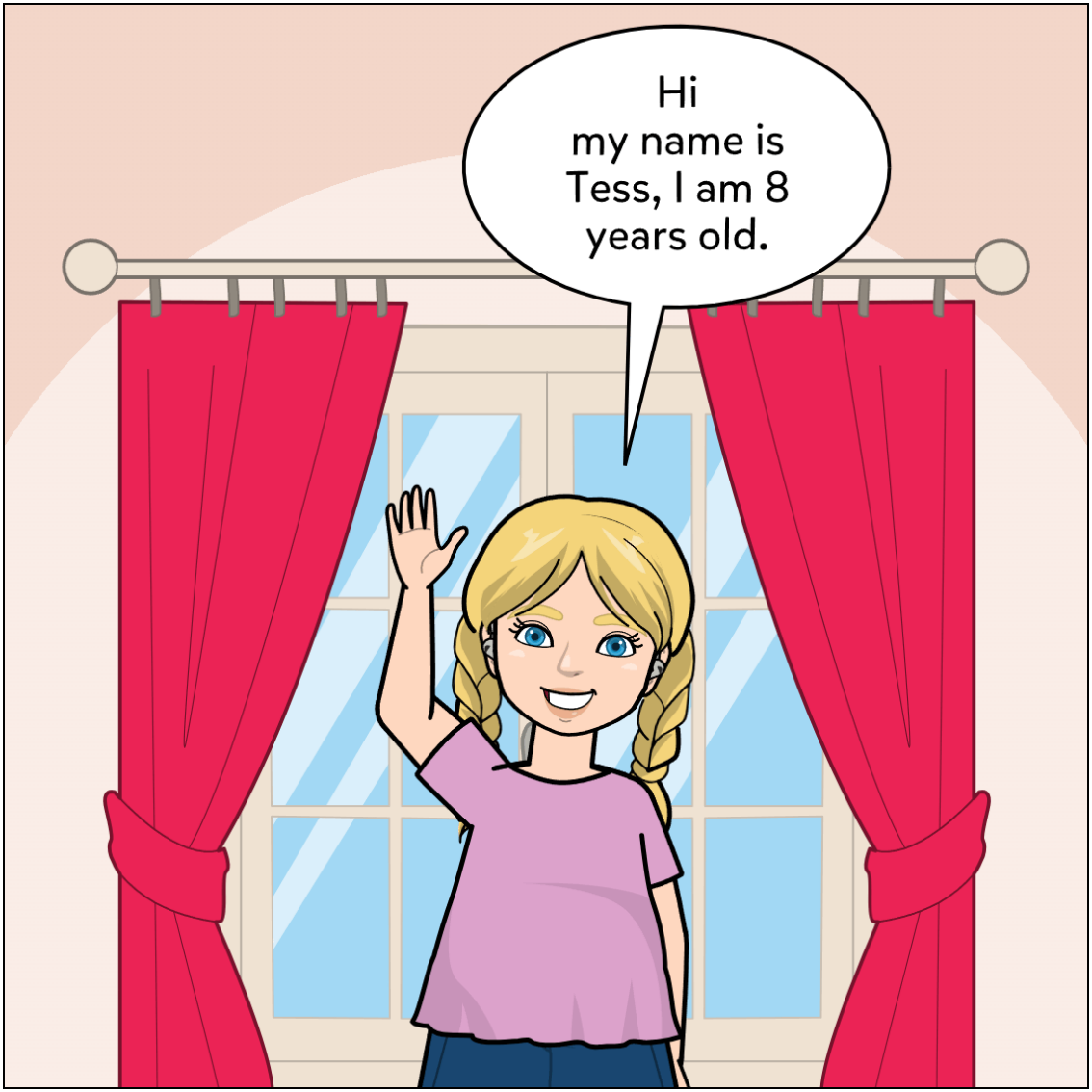
Physical activity gives me.....

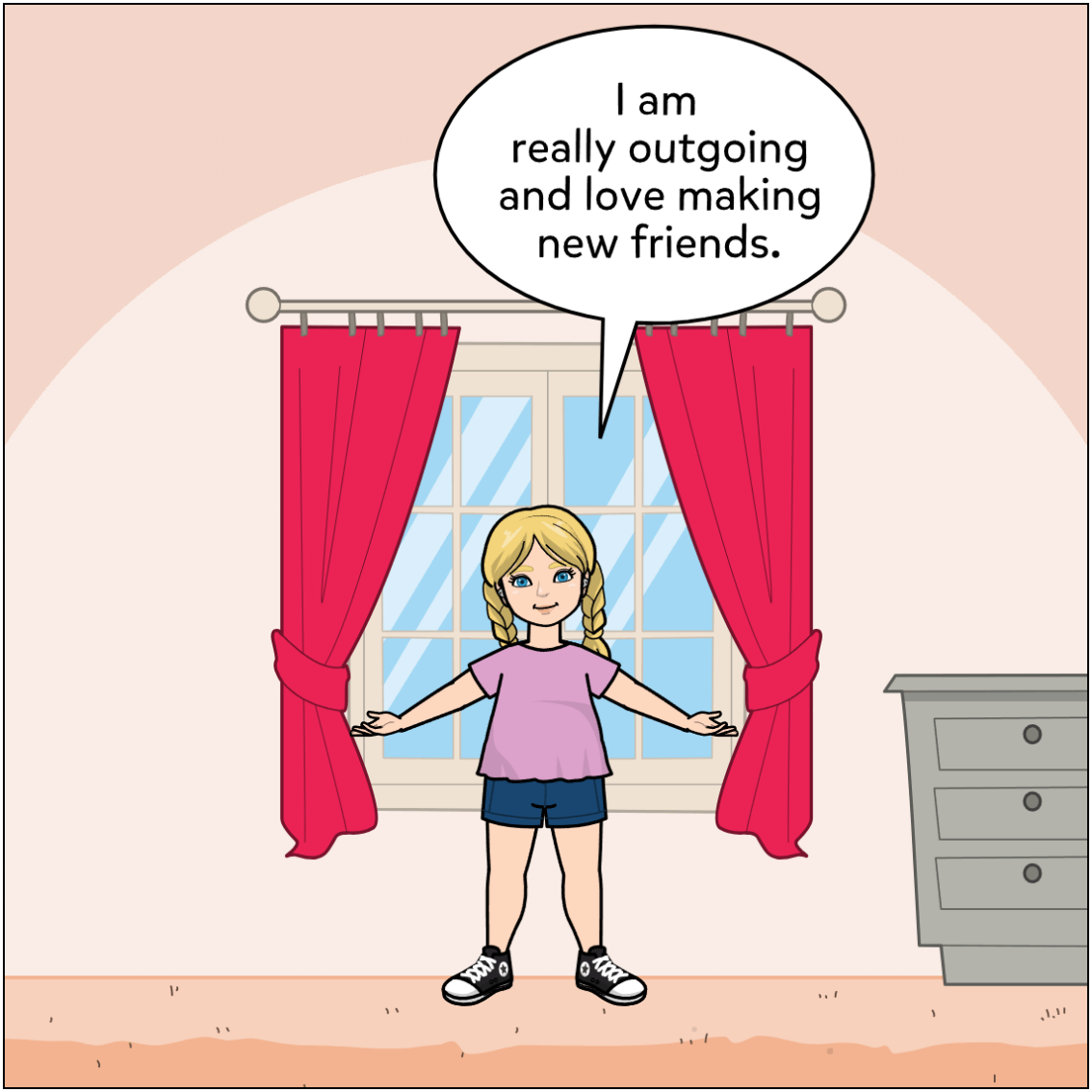
Peace

Super
sleep

Calm

Happiness



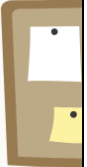




My favorite things
are my friends,
nature, gymnastics,
and the thing I love
the most is.....



Yoga
and
meditation



Being active and healthy helps me feel, calm, happy, strong and like I can handle anything. plus I can do it anywhere!





Being active makes me feel like a superhero!

Happy move power

Physical activity creates a superpower called “Happy Move”! When you use this power, it’s like putting on your magical cape and going on an exciting adventure.



Endorfriends



Your superpower sends out special helpers called “endorfriends” all through your body. Endorfriends make you feel, full of energy and joy!

Peaceful pause

But that's not all! "Happy Move" also has a secret weapon called "Peaceful Pause". Using this power is like pressing a button that makes everything calm and quiet inside your mind.

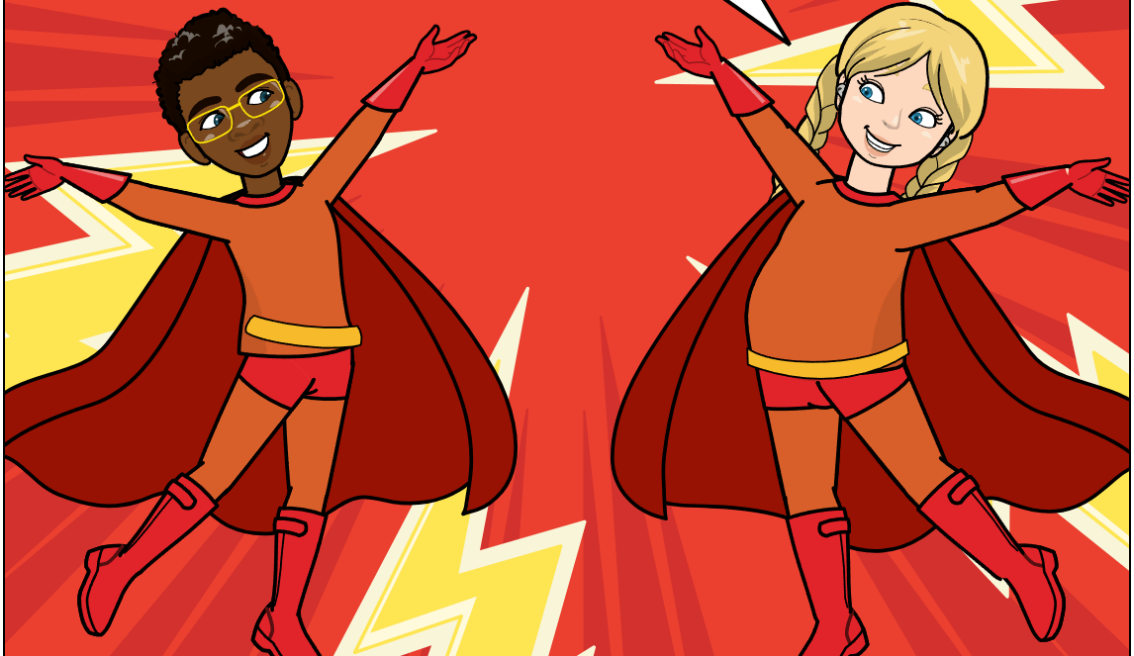


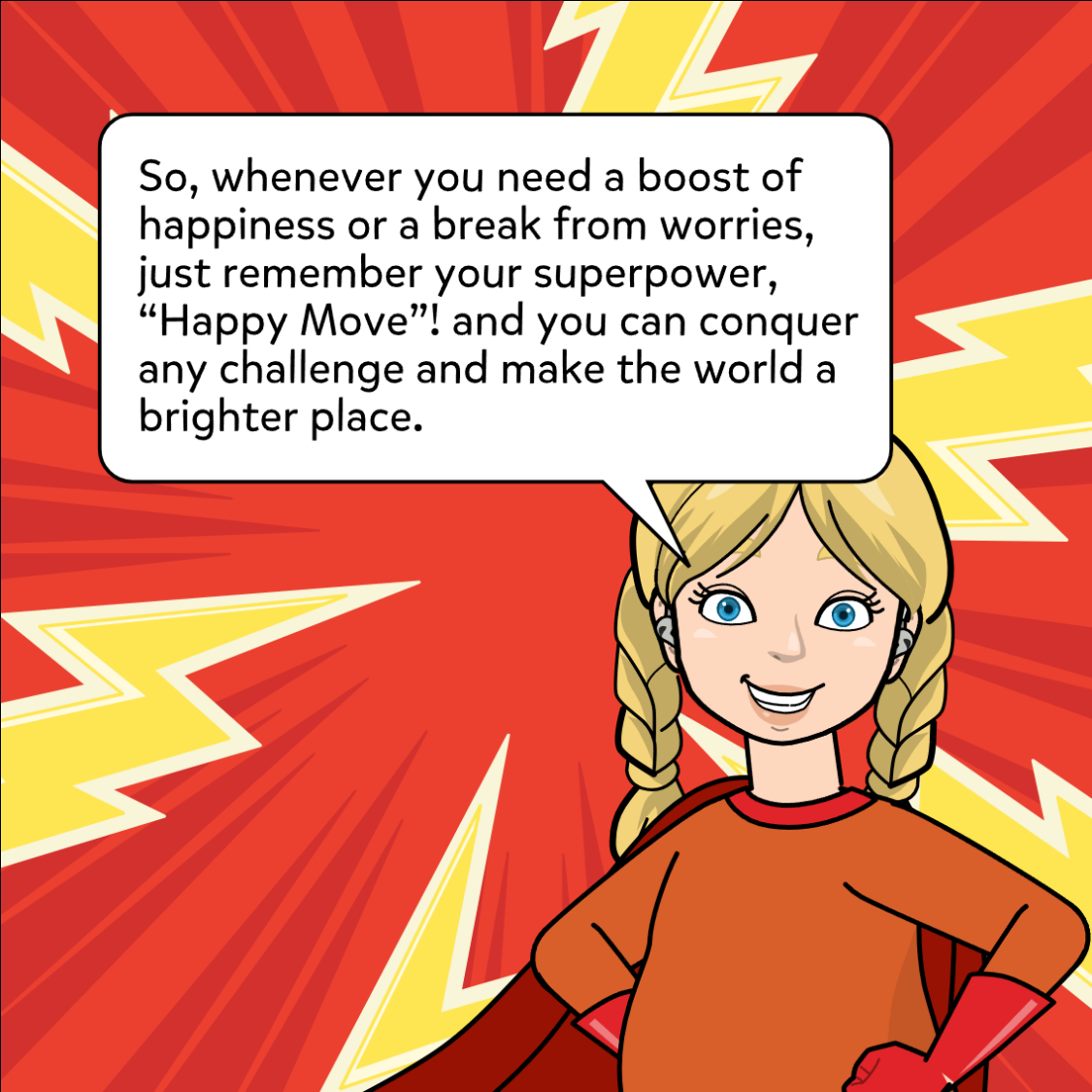
Super sleep

Your "Happy Move" superpower even helps you sleep like a superhero!



But here's the coolest part: "Happy Move" isn't just for you - it's for everyone! When you play with your friends or family, you spread happiness and joy all around. It's like being a superhero who saves the day with laughter and smiles!





So, whenever you need a boost of happiness or a break from worries, just remember your superpower, “Happy Move”! and you can conquer any challenge and make the world a brighter place.