



Wake up and shake up

Unlock your minds superpowers through physical activity!

Physical activity gives me.....

Focus

Super
sleep

Super
smarts

Happiness





Wake up and shake up

Unlock your minds superpowers through physical activity!

Physical activity gives me.....

Peace

Super
sleep

Calm

Happiness





Wake up and shake up

Unlock your minds superpowers through physical activity!

Physical activity gives me.....

Energy

Stress relief

Positivity

Resilience





Wake up and shake up

Unlock your minds superpowers through physical activity!

Physical activity gives me.....

Calm

Super
brain
power

Memory

Problem-
solving





Wake up and shake up

Unlock your minds superpowers through physical activity!

Physical activity gives me.....

Confidence

Super
social
skills



Happiness

Self-
esteem