

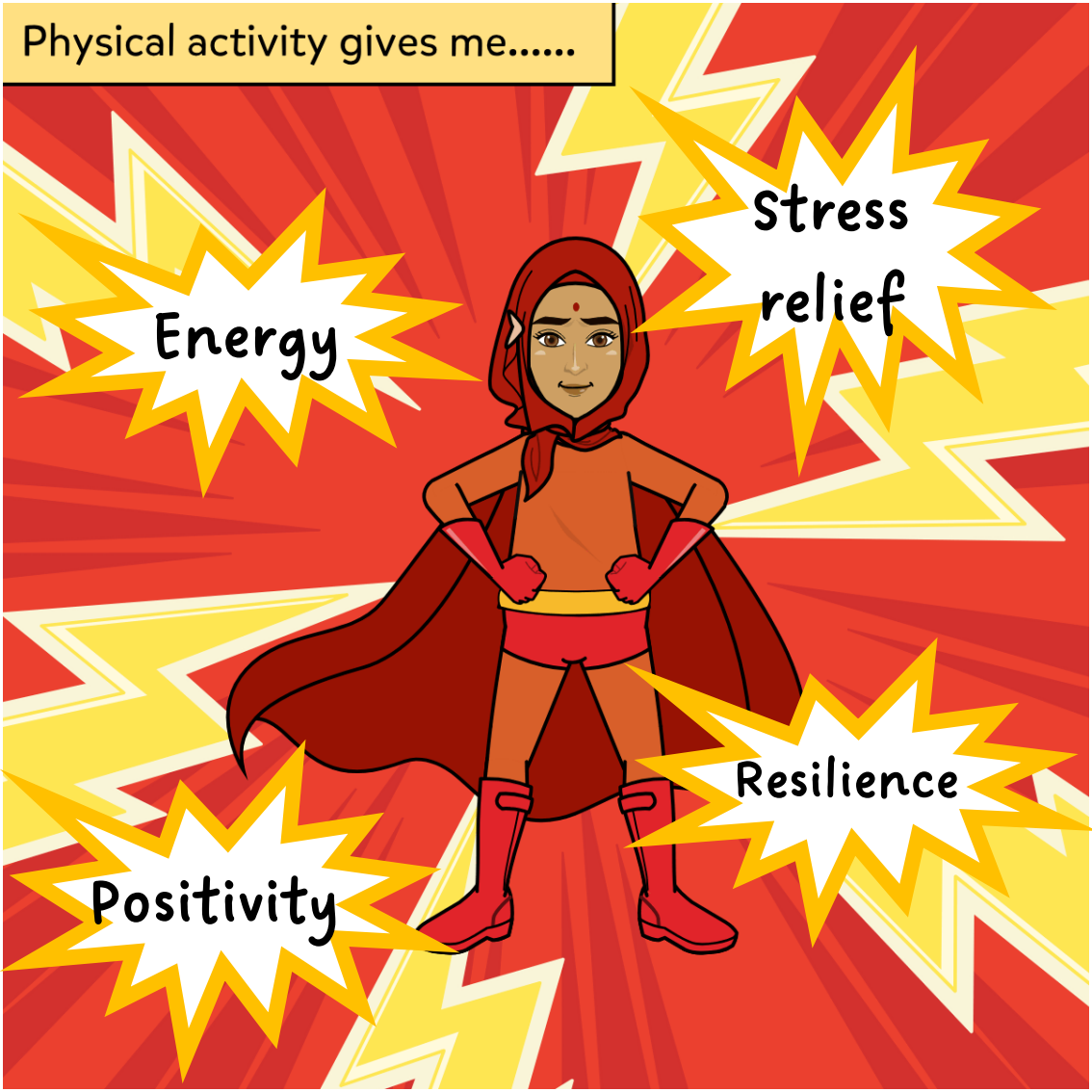
Physical activity gives me.....

Energy

Stress
relief

Positivity

Resilience







My favourite things are, reading adventure books, especially ones with brave heroines like me! and my pet rabbit, Fluffy! but my absolute favourite thing is.....



Martial arts, especially Karate, it's so much fun kicking, punching and learning, cool moves.







Endorphins

Just like superheroes get a power boost when they're in action, physical activity releases chemicals called endorphins in our bodies I like to call these endorphins.



Super Energy

Endorphins make us feel happy and energized. So, when we are active, we feel like superheroes, full of energy and ready to tackle anything!



Stress- Busting Powers



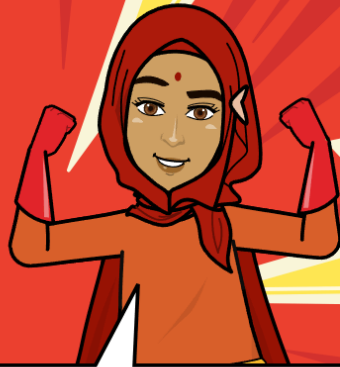
Even superheroes face tough challenges, but they have ways to deal with stress, and one of their secrets is staying active.

Goodbye Bad Vibes



When you are stressed, whether it is from school, chores, or something else, physical activity is your superpower. It helps to blow off steam and clear your mind, just like superheroes clear out the bad guys!

Building Resilience



Superheroes face setbacks and challenges, but they never give up. When learning a new skill, facing a tough opponent, or just trying to beat your own record, physical activity helps develop your “never give up” power, just like a superhero.

So by being physically active you can power up your energy, boost your resilience, get super stress-busting powers and say goodbye to bad vibes. How awesome is that!!!

