

Physical activity gives me.....

Calm

Super
brain
power

Memory

Problem-
solving





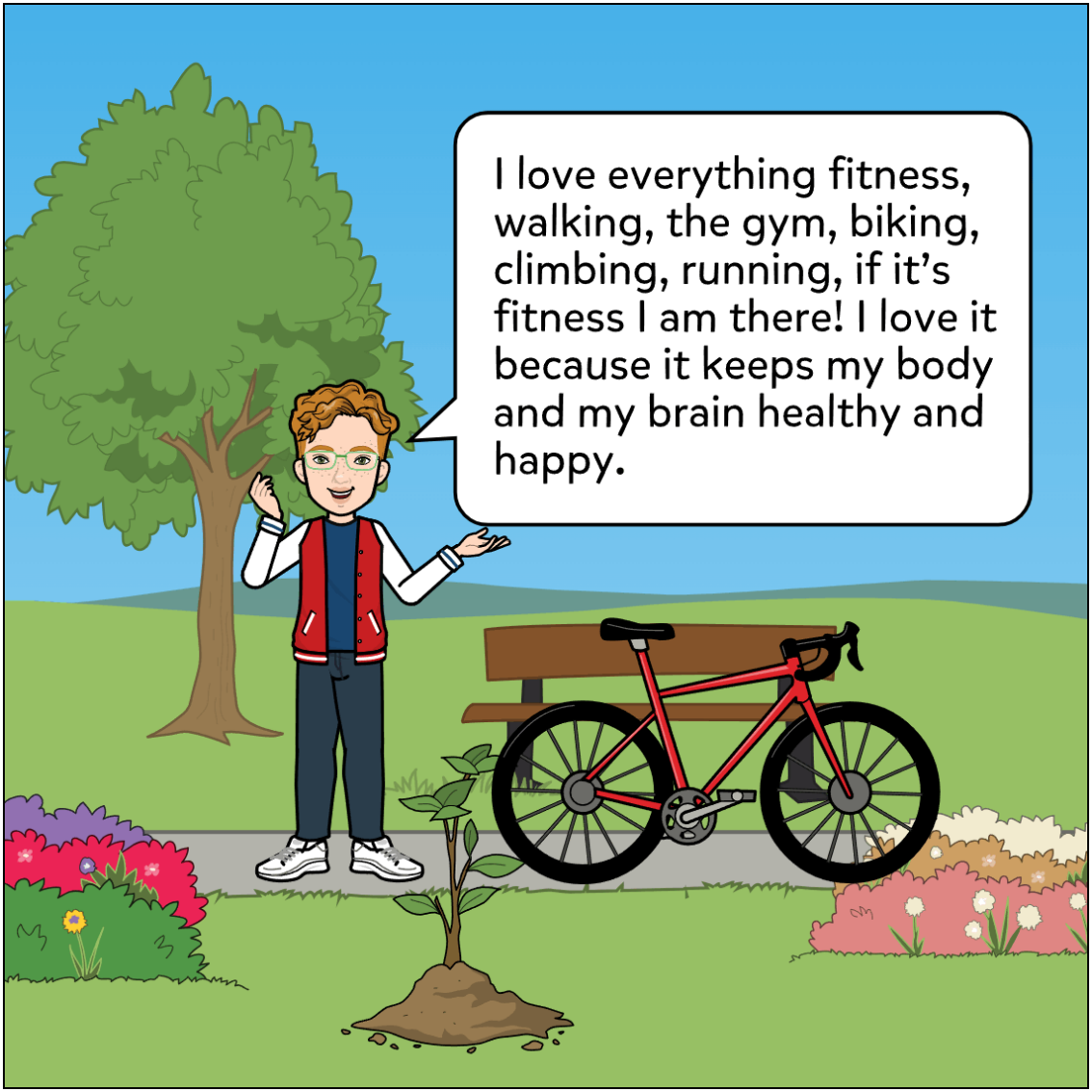


I am autistic which means my brain is extra amazing!

My favourite things are
Arts and crafts,
collecting things and my
absolute favorite is.....







I love everything fitness, walking, the gym, biking, climbing, running, if it's fitness I am there! I love it because it keeps my body and my brain healthy and happy.

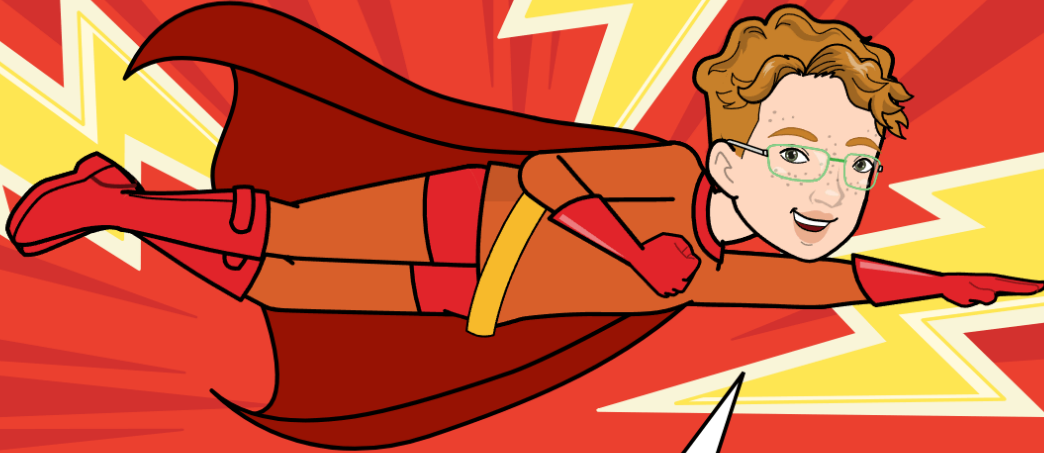


Memory marvel

Did you know that being active makes your brain super strong, just like Captain America's shield? When you exercise, your brain releases chemicals that help your memory better, like a superpower booster for your brain! So, by being active, you're becoming a memory marvel, ready to remember anything and everything like a true superhero!



Brain defender



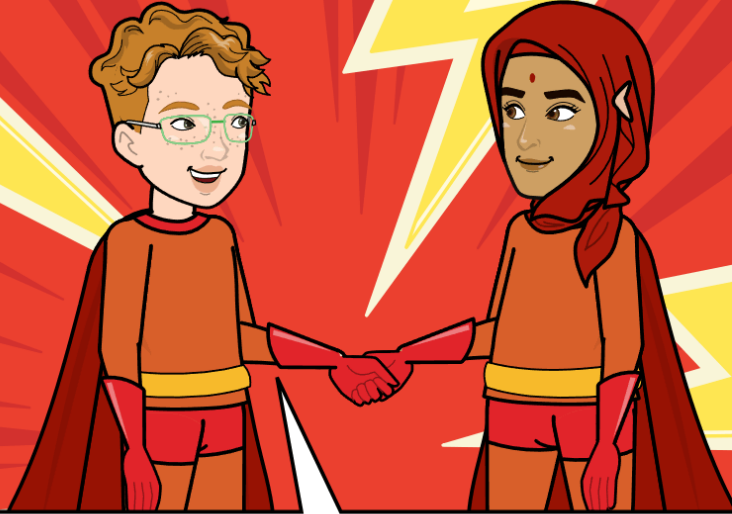
Your brain is like the fortress of a superhero base, it needs to stay strong and healthy to protect against brain baddies like forgetfulness and confusion! physical activity helps keep your brain in top shape, even as you get older like an invisible force field to keep out the bad guys!

Calm crusader



Being a kid can be tough, just like being a superhero, it can make you feel frustrated or upset. When you're active, you release all those big feelings, just like the Hulk smashing through walls! It helps you feel calmer and more in control making you a calm crusader, ready to face any challenge with strength and resilience!

Social superstar



Physical activities are like superhero team-up events! They give you a chance to play and have fun with other kids, just like the Avengers saving the world together! group activities teach you how to share, take turns, and make friends, turning you into a social superstar!

Mental master



Executive function is your superhero toolkit for planning, problem-solving, and staying in control. Being active gives your brain a workout, helping you stay focused, switch tasks, and make smart decisions like a true superhero!

So being active powers up your memory, keeps your brain sharp, keeps you calm, and creates super brain function all while having fun with friends, how awesome is that!

