

Physical activity gives me.....

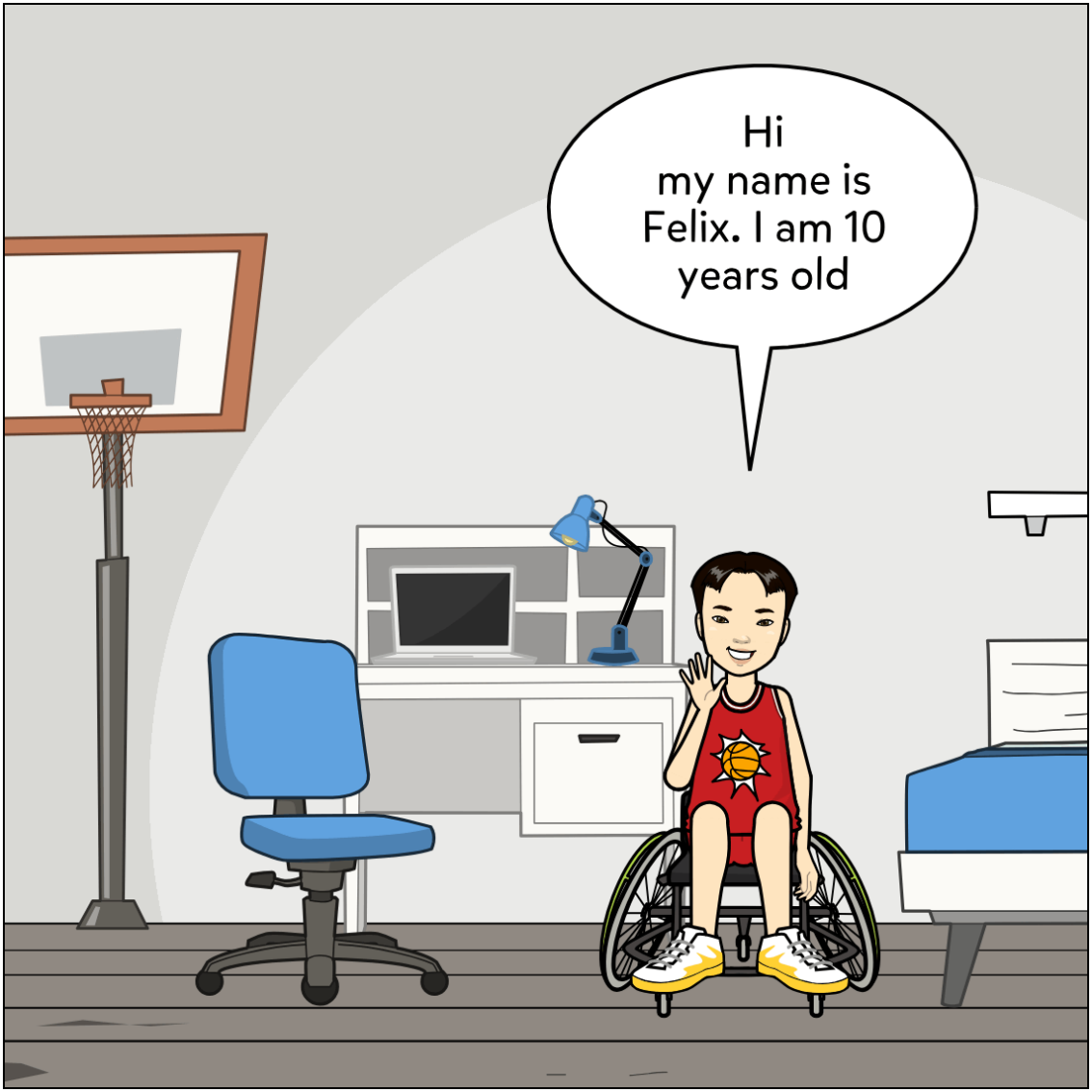
Confidence

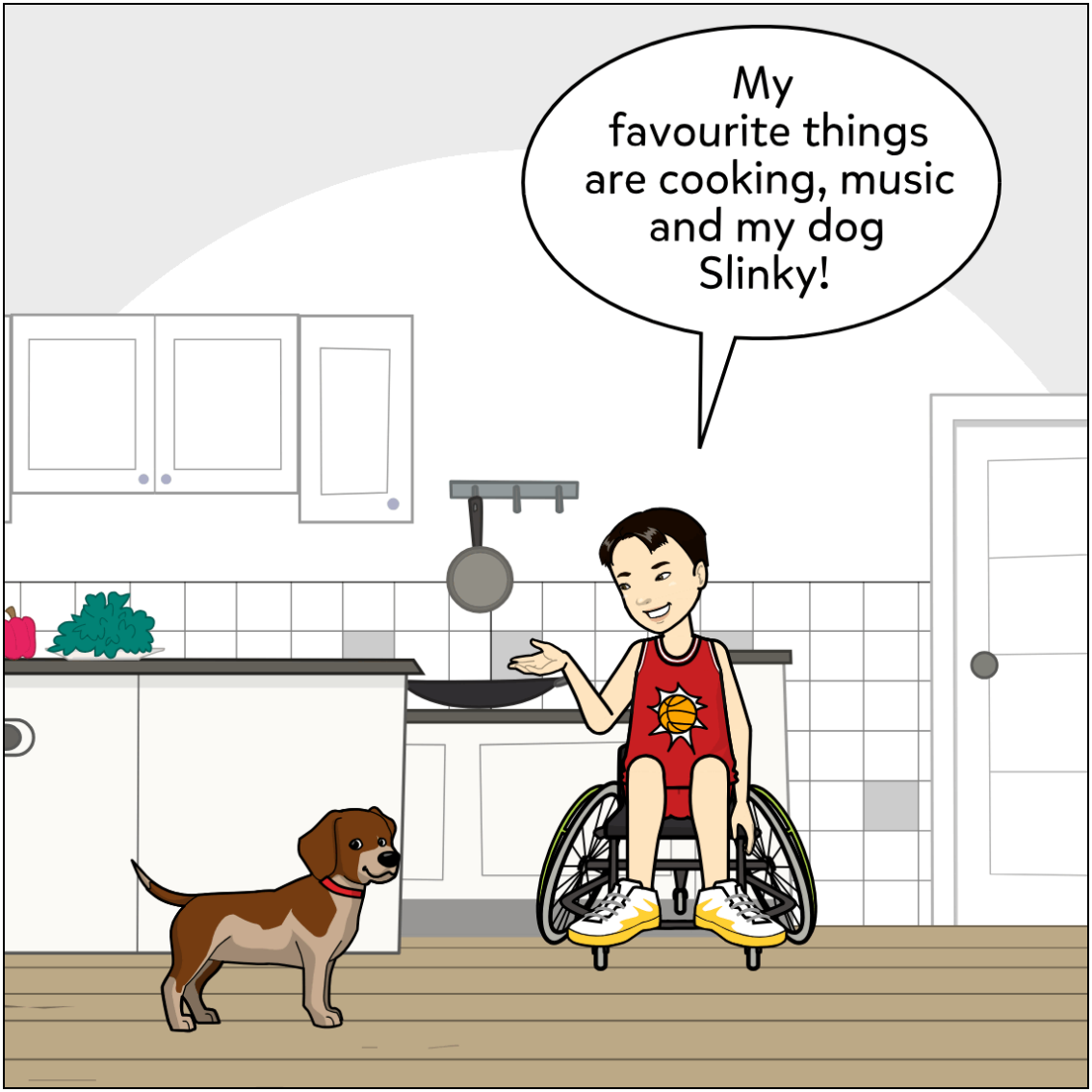
Super
social
skills

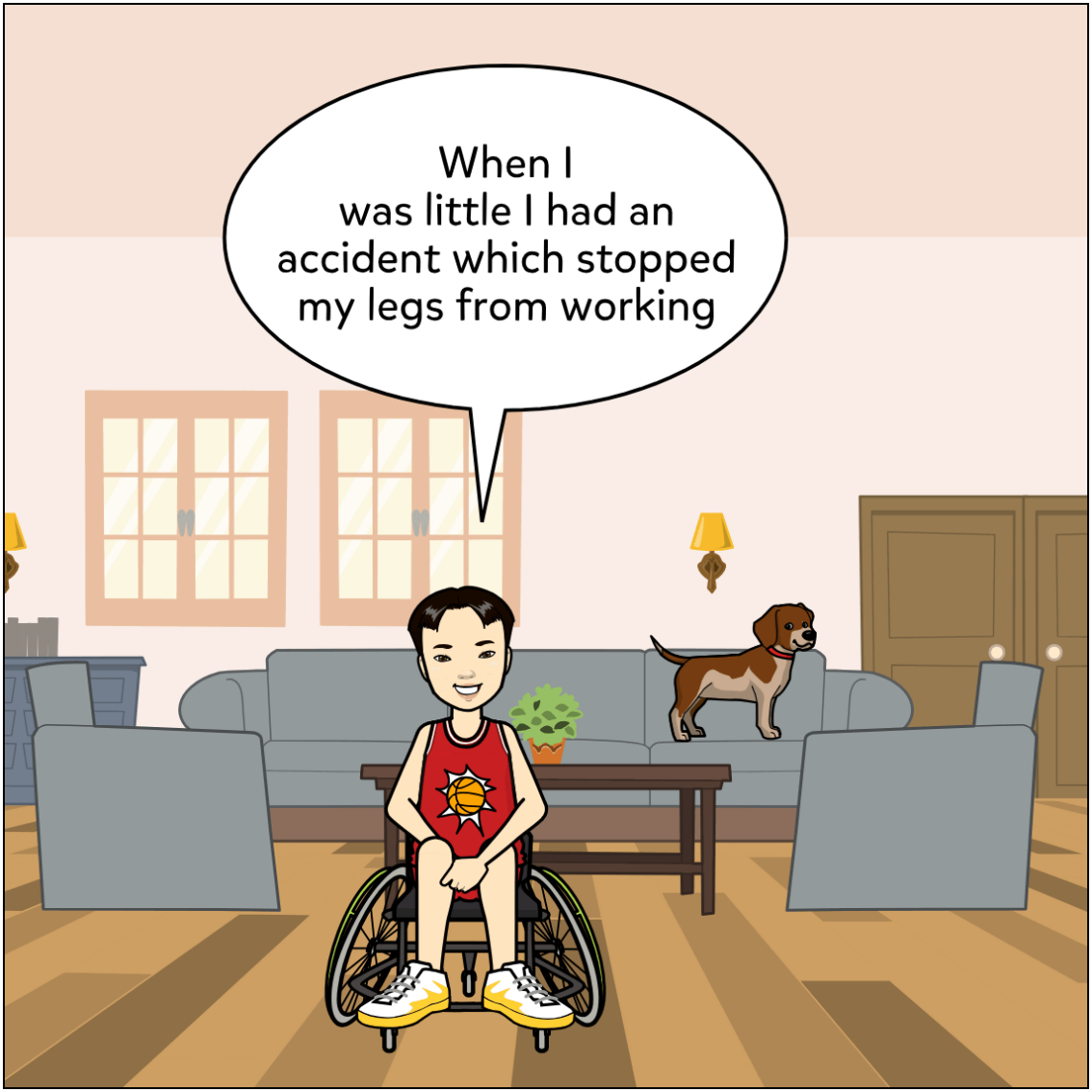


Happiness

Self-
esteem







Being in a wheelchair does not hold me back in fact thanks to my wheelchair I found my very favourite thing to do.....

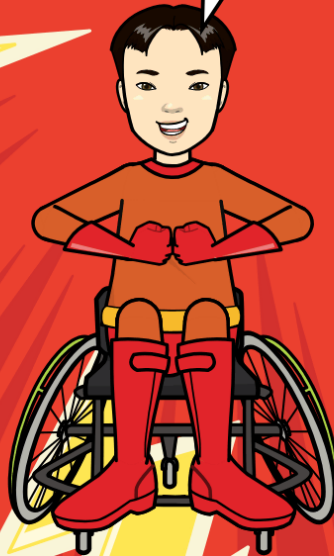






Super confidence

Each time you achieve something, whether it's moving a little faster or shooting a three-pointer, you earn a badge of honor. This boosts your confidence because you know you can accomplish anything you set your mind to.



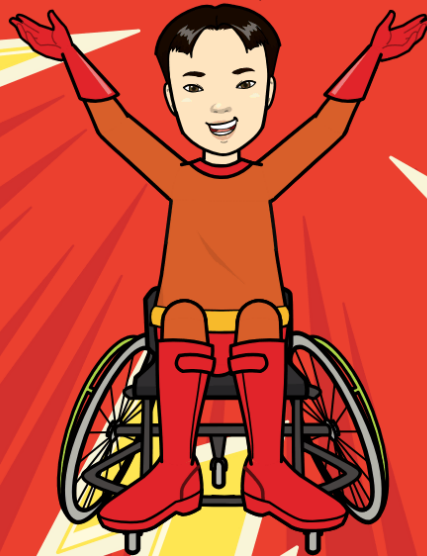
Super self-image



Physical activity helps you feel good about yourself. It strengthens your muscles, makes you feel more energetic, and improves your posture. When you look in the mirror, you see a superhero staring back at you!

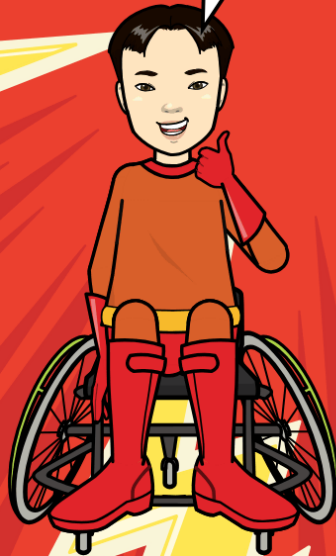
Super happiness

When you're active, your brain releases special chemicals called endorphins that make you feel happy and positive. This helps you overcome any doubts or fears you might have, making you feel unstoppable.



Super social skills

Being active often involves teamwork, knowing you're part of a team makes you feel valued, boosting your self-esteem. Connecting with others who share your interests also builds your social skills and helps you feel more confident in social situations.



Banish the bad guys



Just like superheroes fight off the bad guys, being active helps you battle your inner villains like stress, anxiety, and self-doubt. When you're physically active, you feel more powerful and in control, ready to take on whatever challenges come your way.

So, put on your superhero cape and get moving! Physical activity isn't just about staying fit - it's about feeling like a superhero and unleashing your inner strength and confidence!

