

WHO'S YOUR ROLE MODEL?

WHO IS AN ATHLETE YOU LOOK UP TO?

Do you think you have what it takes to be the next LeBron James, Tom Brady, or Serena Williams? YOU DO!



DO ANY OF YOUR FRIENDS PLAY SPORTS OR STAY ACTIVE?

You are more likely to join an activity if their friends are involved.



THERE ARE SO MANY WAYS TO BE ACTIVE

Playing outside, running, dancing, and sports are just a few ways that you can keep yourself active and fit!



FRIENDS AND FAMILY

What do your friends and family do to stay active? Do you play outside with your friends after school? Your family and friends should be great role models for you.



YOU CAN DO IT!

You are capable and can face any challenge ahead of you! Being surrounded by people who support you is the key to success.

