

Max



Play & Rise to  
**EXERCISE!**

## Exercise Chant

I have a friend who knows  
the best ways to **grow**,  
there are so many ways after  
school to **play**...

There's fitness to do!  
**Strength & balance** too!  
A chance to go **move**,  
let the brain **improve!**

We can play outside,  
we can play **worldwide!**

I feel so alive when I **exercise!**



Kaleidoscope me<sup>™</sup>  
Awaken to your greatness!

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