



# Martial Arts Athletes are Fit, Focused, & Fired Up!

## Fit

### “Motion Intensifies Emotion.”

Your body is like an energy plant. It doesn't have energy, it creates energy. So if you want to groove, you gotta move! Below list several exercises or activities you can do to get FIT!

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## Focused

### “Focus = Feelings”

What you focus on is what you feel. So if you want to feel happy or excited, then focus on things that make you happy or excited. Below list things that you can focus on to feel good. What do you want to be, do, or have in your life?

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## Fired Up!

### “Let's get Fired Up!!!”

What gets you fired up? Make a list of your favorite songs, videos that inspire you, people in your life you look up to, or anything else that gets you fired up!

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