

Captain Kinetic[®]

Who is Captain Kinetic[®]?

Captain Kinetic[®] is inquisitive in play, confident in daily movement, and ambitious when challenged. Having developed a wide range of movement skills, he strives for success in all arenas, yet is resilient to defeat with his supple attitude. He's a brave competitor, who admires his rivals and challenges with a smile. He sees varied terrain as an opportunity to climb and scramble, trusting his body to support his appetite for adventure. A role model to others, he uplifts his team. Balancing sport with creativity, he enjoys a range of activities, and never says no to a new challenge. He goes to sleep naturally exhausted, enthusiastic to traverse tomorrow's encounters.

Healthy Movement

Fundamental Movement Skills

Agility, Balance and Co-ordination

Kinetic Classrooms

Technique

Fitness

Creative Movement

Play

Strength, Speed and Power

Stamina and Endurance

Flexibility and Mobility



Nutrition Ninja[®]

Who is Nutrition Ninja[®]?

Nutrition Ninja[®] searches the world for her favourite recipes, savouring every delicious flavour, and feeling safe in the knowledge that her food is fuelling her adventurous life, her healthy body and her mind. She realises the power of food, not only for taste, but also to nourish her body and brain, both working hard everyday. With her knowledge and understanding of nutrients, she can select foods to support her needs, nurturing her great moods and steady energy levels. Food and drink are powerhouses of goodness for Nutrition Ninja[®], who cares about and respects their origins and carefully considers her diverse diet to make her feel vibrant!

Healthy Eating

Macronutrients
(Protein, Carbohydrates, Fats)

Micronutrients
(Vitamins and Minerals)

'Meganutrients'
(Anti-oxidants, Amino Acids, Superfoods, etc.)

Food and Mood

Food and Organs

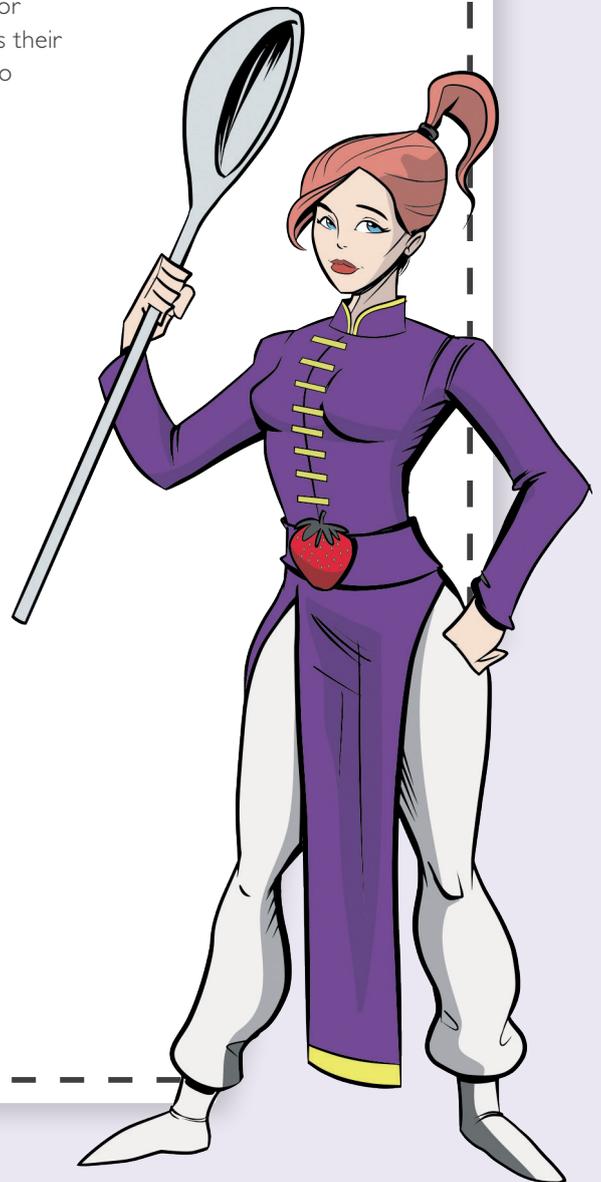
Muscles and Bones

Food sources

Food and Energy

Immunity

Diversity



Agent Lifestyle[®]

Who is Agent Lifestyle[®]?

Agent Lifestyle[®] places in value in some of the forgotten health secrets of past. He sleeps deeply for long periods, resting his mind and body to prepare for new learning. Every cell in his active, nourished body is plump with water, bringing clarity to challenging tasks. Outside, he breathes the fresh air which will aid his sleep, while the sun shines on as much of his skin as possible, allowing his body to produce Vitamin D for his bones and immunity. He fills his days with healthy hobbies, whilst maintaining balance with routine. Generally, his life is experienced in moderation, but abundance blossoms with healthy foods and activities. When spending time with family and friends, his teeth glisten with a happy smile.

Healthy Habits

Sleep

Breathing

Hydration

Routine

Spending time Outdoors

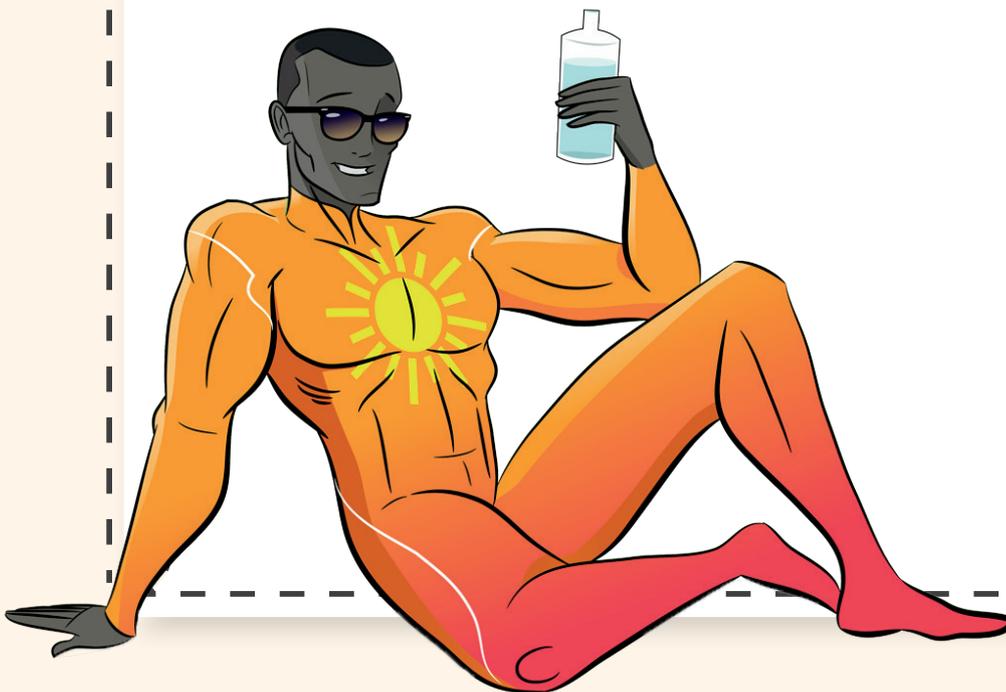
Hobbies

Community

Dental Health

Laughter

Moderation & Abundance



Mindset Warrior[®]

Who is Mindset Warrior?

Mindset Warrior[®] is at peace with herself. She sets goals, works towards them, picks herself up when she falls, and considers other people in her actions. She values herself - not for her appearance, but for her zest for life and the enjoyment she finds in interactions with people and the world around her. She strives to achieve, but not necessarily for perfection. She senses the good in others and works on self-development in order to feel a sense of fulfillment. A warrior instead of a worrier, she demonstrates resilience and kindness, both to herself and others.

Healthy Thoughts

Body Image

Role Models

Gratitude & Reflection

Motivation

Dealing with Stress

Emotions & Feelings

Mindfulness

Friendship & Teamwork

Positivity

Resilience & Tolerance

