

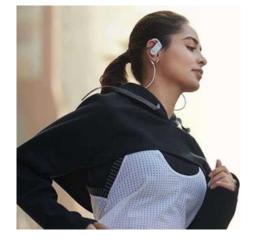
## LIVE YOUR WHY

## Afterschool Edition



Listen to energizing music before or during your exercise or workout. If possible, make a workout playlist.







What else gets you motivated to exercise?



What other activities does music help motivate you to do?





