



PRINCESS LILA'S MAGIC FITNESS WATCH

A PRESCHOOL STORY IN THE 21ST CENTURY



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PRINCESS LILA SITTING ON A FLUFFY PINK BED WITH GOLDEN SHEETS, HOLDING A GLOWING MAGIC WATCH. SUNLIGHT SPARKLES THROUGH TALL CASTLE WINDOWS. A SMALL FROG AND UNICORN PEEK CURIOUSLY FROM THE FLOOR.



WHEN LILA PUT THE WATCH ON HER WRIST, IT BEEPED SOFTLY, BEEP-BEEP! A SWIRL OF BLUE LIGHT APPEARED, SHOWING TINY PICTURES OF RUNNING SHOES, JUMP ROPES, AND LITTLE GLOWING DANCERS!



“HELLO, PRINCESS LILA!” SAID THE WATCH IN A CHEERFUL VOICE. “I’M SPARKLEFIT! I CAN HELP YOU MOVE, STRETCH, AND SHINE!” LILA GIGGLED, HER WATCH COULD TALK!



“LET’S START WITH SOME JUMPING JELLIES!” SAID SPARKLEFIT. LILA STARTED JUMPING ONE, TWO, THREE! HER GOWN SHIMMERED WITH EVERY HOP.



**LILA TWIRLING IN HER GLITTERY OUTFIT,
RIBBONS OF LIGHT CIRCLING HER. THE
DRAGON CLAPS HAPPILY, AND THE
CHANDELIERS SPARKLE OVERHEAD.**



SOON, HER FRIENDS JOINED IN! THE DRAGON DID PUSH-UPS, THE UNICORN DID STRETCHES, AND THE FROG LEAPED HIGH.

“WE’RE A ROYAL WORKOUT TEAM!”

CHEERED LILA.



**“TIME TO RUN!” SPARKLEFIT CHIMED. THE
MAGIC TREADMILL APPEARED WITH
GLITTERY BUTTONS. LILA RAN, AND THE
FLOOR TURNED INTO CLOUDS SHE WAS
RUNNING THROUGH THE SKY!**



“NOW BREATHE IN... AND OUT,” SAID THE WATCH. A RAINBOW BREEZE FILLED THE ROOM, AND LILA STRETCHED HER ARMS WIDE. “THAT FEELS MAGICAL!” SHE SMILED.



“GREAT JOB!” SAID SPARKLEFIT. “HERE’S YOUR ENERGY SPARKLE!” A GOLDEN STAR FLOATED OUT OF THE WATCH AND GENTLY LANDED ON HER HEART. LILA FELT STRONG AND HAPPY.



**AFTER EXERCISING, LILA WAS HUNGRY.
THE WATCH BLINKED, "LET'S MAKE A
HEALTHY SNACK!" THEY MADE FRUIT
CROWNS AND RAINBOW SMOOTHIES FOR
EVERYONE.**



**WITH MUSIC FILLING THE CASTLE, THEY
DANCED AGAIN! LILA MOVED WITH JOY,
HER WATCH FLASHING IN RHYTHM. EVEN
THE CHANDELIERS SEEMED TO DANCE
ALONG!**



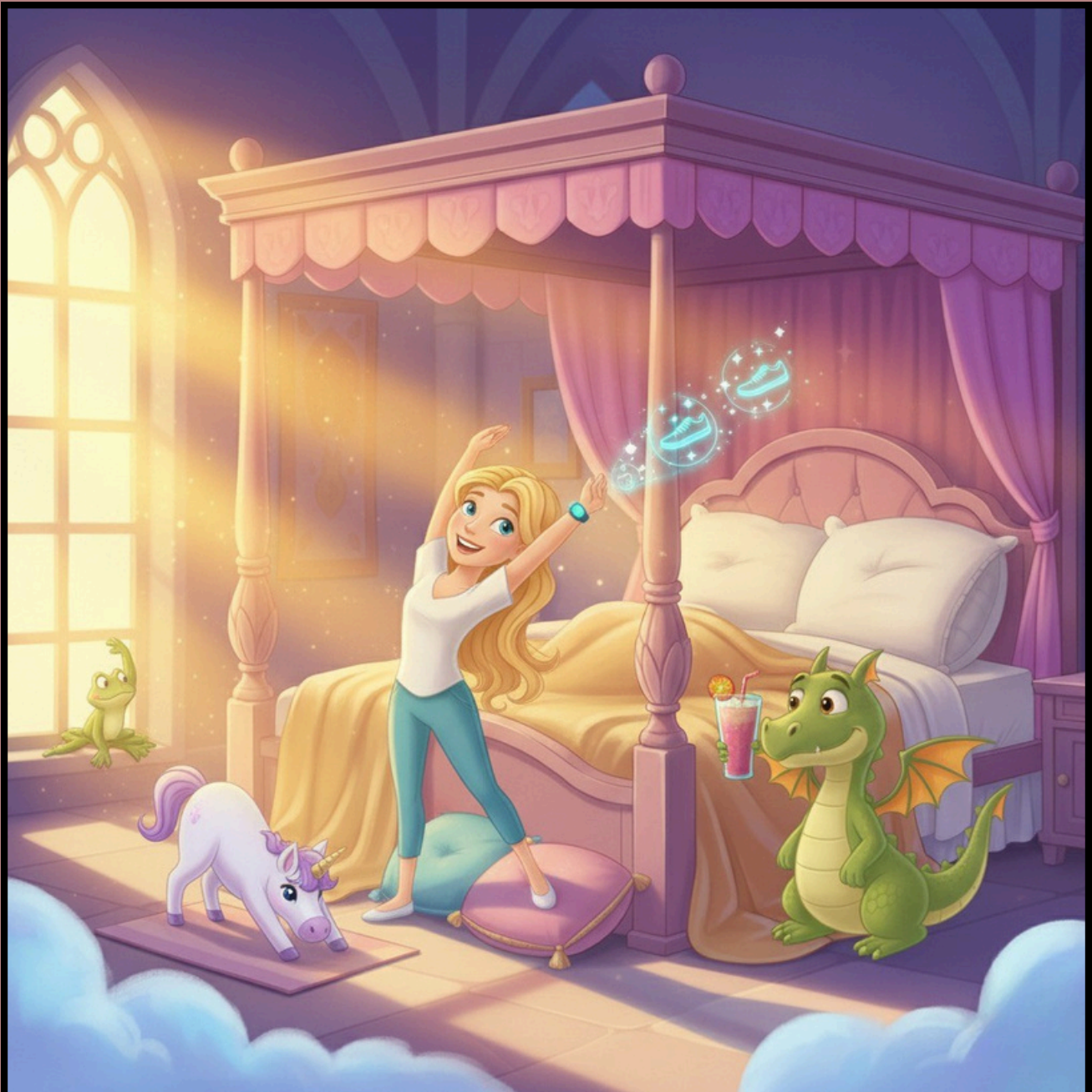
“PRINCESS LILA,” SAID SPARKLEFIT, “YOU’VE EARNED YOUR MAGIC FITNESS MEDAL!” A SILVER MEDAL APPEARED, SHINING WITH TINY STARS. “YOU’RE STRONG INSIDE AND OUT!”



LILA SHARED HER MAGIC WATCH WITH HER FRIENDS. EACH TIME THEY WORE IT, IT MADE THEM MOVE, DANCE, AND GIGGLE TOO! THE WHOLE CASTLE BECAME A FITNESS WONDERLAND.



THAT NIGHT, LILA LAY IN BED, TIRED BUT HAPPY. "GOODNIGHT, SPARKLEFIT," SHE WHISPERED. "YOU MADE TODAY SO MAGICAL." "SWEET DREAMS, PRINCESS," THE WATCH REPLIED SOFTLY.



**WHEN MORNING CAME, THE WATCH
BLINKED AGAIN. "READY FOR A NEW
ADVENTURE?" LILA SMILED. "ALWAYS!"
SHE SAID, TYING HER SNEAKERS TIGHT.**