

ABOUT US

BOKS is a FREE physical activity program designed to get kids active and establish a lifelong commitment to health and fitness. BOKS is a not-for-profit initiative of the Reebok Canada Fitness Foundation in partnership with the Public Health Agency of Canada to expand and enhance physical activity in Canadian K - 9 schools.

OUR MISSION

Make physical activity and play part of every child's day!

WHAT BOKS OFFERS?

Resources for students in Kindergarten through grade 9 with at home and in school options:

- **BOKS Bursts** – 1-10 minute daily physical activities designed to keep kids moving throughout the day.
- **Our flagship full length lesson plans** (25 – 45 minutes in length) that are fun and engaging, incorporating functional fitness skills, running, games, yoga and nutritional talks.
- **Yoga and mindfulness** activities and videos.
- **Recess** activity cards.
- **BOKS Bootcamp** – 10-week fitness challenge for students in Grades 7 through 12.
- **At a Distance lesson plans** – a compilation of our flagship lesson plans, all with physical distancing considerations.



To sign up for BOKS, simply visit:

www.bokskids.ca/boks-free-sign-up/



FOR MORE INFORMATION VISIT WWW.BOKSKIDS.CA OR EMAIL US AT BOKSCANADA@BOKSKIDS.ORG

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