

boks

Free physical activity program designed to get kids active and establish a lifelong commitment to health and fitness.



ABOUT US

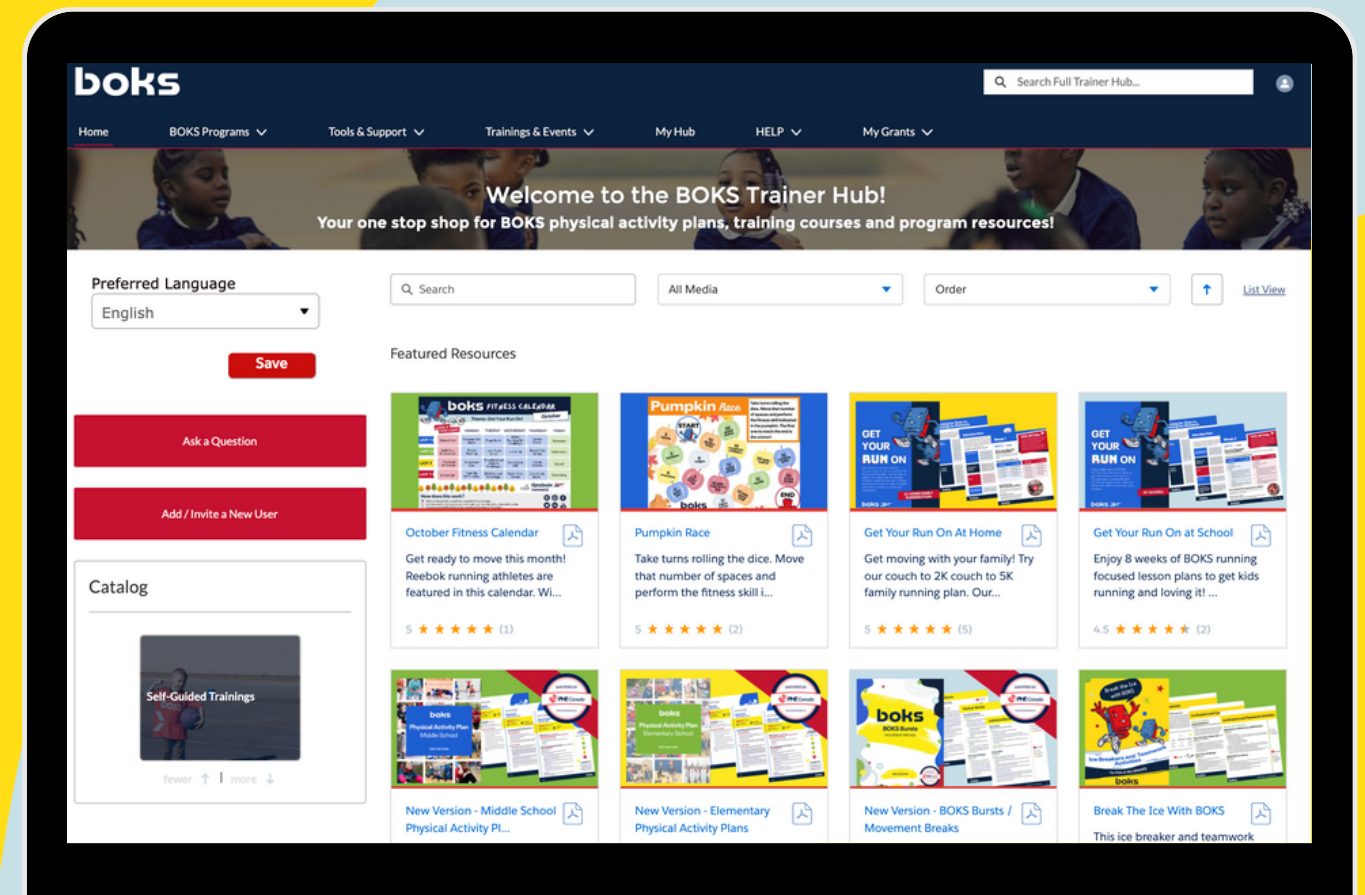
BOKS is a charity initiative of the Reebok Canada Fitness Foundation aimed to expand and enhance physical activity for kids in Canada.

OUR MISSION

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

WHAT BOKS OFFERS

BOKS offers 500+ free activities for kids of all ages that can be used in a school, community, or home-based setting for students in Kindergarten through grade 9.



A LITTLE BIT ABOUT ME...

- I am from Calgary, AB but love to travel and explore new places.
- I have an identical twin.
- I'm super active and lucky to have had many opportunities growing up to join different activities- the 2 things that shaped my experiences most were Irish Dance and Rugby!
- I have 2 degrees in Sociology, and my research focused on building resiliency through sport.
- Sport absolutely changed my life!



RESILIENCY AND SPORT/ RECREATION

- Resilience is one's ability to overcome adversity, or more simply, "bounce back" from tough situations.
- Sport the PERFECT climate to expose kids to adversity...
 - Losing a game.
 - Conflict with teammates/coaches.
 - Testing limits (fitness for example).
 - "Fairness".
- ...and teach skills that support resiliency.
 - Problem-solving.
 - Teamwork.
 - Inclusion.



BENEFITS OF PHYSICAL ACTIVITY



ACADEMIC PERFORMANCE

Better standardized ELA test results



EXECUTIVE FUNCTIONING

Improved shift and working memory skills



PHYSICAL FITNESS

Decreased body fat percentage; increased cardiovascular endurance; increased activity time outside BOKS



NUTRITIONAL KNOWLEDGE

Increased knowledge of nutritional and healthy living concepts



MY TIME IN THE DEHCHO REGION!



WE GOT MOVING!



STAFF WENT ALL-IN



MOMENTS THAT DEMONSTRATED THE RESILIENCY OF STUDENTS AND STAFF

- Sitting still with the Kindergarteners.
- Watching some middle schoolers participate who hadn't participated in much all year.
- Supporting a disregulated student after the Halloween parade by tossing a ball.
- Training with staff that wasn't communicated.
- Teaching moment- playing cards.



Sign up to BOKS for FREE



SCAN ME



 **GET IN TOUCH!**

Lauren Hutchison

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**Western Canada, Nunavut,
and the Territories**

