



plan looks like in action. [Check it out!](#)

### **BOKS BURSTS**

In addition to our before school programming, we are pleased to offer BOKS Bursts! Bursts are 1-10 minute “bursts” of activity that can be run in the classroom, at recess, or added to your regular BOKS class. They are quick, engaging, and help kids refocus their attention. [Sign up here](#) to receive a weekly BOKS Burst email directly to your inbox.

If you have any further questions about BOKS, please let me know and I'll be glad to assist you. I look forward to working with you soon - **through sport, we have the power to change lives!**

Sincerely,

**Kyla Crocker**

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**BOKS | Reebok Canada Fitness Foundation**



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