



NEWS RELEASE

March 8, 2017

Be Fit Kit 2.0 Launch during March Break

Berwick, Nova Scotia: In 2015 the Annapolis Valley Regional Library (AVRL) created the original Be Fit Kits that focused on physical literacy and movement skills. During March Break we will launch the Be Fit Kits 2.0. These kits are bags of equipment and books that children and families may borrow from the library; the bags are loaned for three weeks, just like books. The kits provide an opportunity for people to learn fundamental skill movements together in a safe and comfortable environment, with hopes they could continue to be active together. The new kits focus on: dancing, running, throwing, parachute games, and yoga. Each kit includes equipment and books that will entice borrowers to learn and build their skill level in that sport.

"I'm really excited about the books in these kits, which focus on diversity", says Angela Reynolds, Community Engagement Coordinator for AVRL. "The kits allow us to provide equipment and books that represent a wide range of cultures, interests, and perspectives."

AVRL has partnered with Anna Sherwood, the Regional Physical Activity Consultant from the Department of Community Culture & Heritage – Community, Sport & Recreation Division and Emily Nickerson, Regional Sport Consultant of Sport Nova Scotia to get funding for and develop the kits.

The launches will allow families to test out the equipment and books from all five new kits, as well as the original kits. Launches will be held during March Break on Tuesday, March 13 at 2 PM in the gym at the Berwick Town Hall building at 236 Commercial Street and on Thursday March 15 at 11 AM in Middleton at the Annapolis East Elementary School gym. All ages are welcome to attend.

-30-

For more information contact:

Angela Reynolds
Community Engagement Coordinator
Annapolis Valley Regional Library
areynolds@valleylibrary.ca
902-538-2665 ext. 102