



## **NEWS RELEASE**

**January 15, 2018**

### **ANNAPOLIS VALLEY REGIONAL LIBRARY RECEIVES FUNDING FOR BE FIT KITS 2.0**

**Be Fit Kits 2.0: Creating 5 different themed Activity kits** In 2015 the AVRL launched the original Be Fit Kits that focused on physical literacy and movement skills. The Be Fit Kits are bags of equipment and books that families can borrow from the library; the bags are loaned for three weeks, just like books. Created to provide an opportunity for people to learn fundamental skill movements together in a safe and comfortable environment, families could use these to be active together. After receiving feedback from community members, AVRL wanted to expand the kits due to their success. The new Be Fit Kits 2.0 will focus on dancing, running, throwing, parachute games, and yoga. Each kit will include equipment and books that will entice borrowers to learn and build their skill level in that sport.

The kits will initially be held at the Annapolis Royal Library, Middleton Library, Berwick Library, Kentville Library and Windsor Library for a total of 25 bags. Staff at libraries and recreation centres will have access to additional kits for programming.

Funding for this project has come from several sources, including Active Kids Healthy Kids in Annapolis County and East Kings, Sport Nova Scotia, and Communities, Sport & Recreation Division Nova Scotia Department of Communities, Culture & Heritage. Total funding for the project is \$4250.

AVRL has partnered with the Regional Physical Activity Consultant from the Department of Community Culture & Heritage – Community, Sport & Recreation Division and the Community Sport Development Coordinator of Sport Nova Scotia to develop the kits.

The kits are due to be launched during March Break with several activities planned at libraries.

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