



Boys & Girls Club of Fredericton

A good place to be

COOL MOVES

Tell me more about this great program.....

With the rates of youth inactivity and child obesity on the rise, Boys and Girls Clubs of Canada and formed a partnership with Kraft Canada to provide Clubs with tools and resources to address these issues in clubs across the country.

Cool Moves focuses on two main parts – ***Eat Smart***, where participants are encouraged to make healthier eating choices, and ***Play Cool***, where participants are encouraged to engage in more physical activity.

This type of program is easy for the Fredericton Boys and Girls club to incorporate into many of our existing programs such as pre-school, after-school, summer day-camp and many of our specialty and leadership programs.



Boys & Girls Club
of Fredericton

COOL MOVES