



# Calgary and District Be Fit For Life Centre School Programs

**Our Mission.** To ensure the delivery of educational programs, services and resources that promote and facilitate the development and maintenance of active, healthy lifestyles to all Albertans.



We deliver  
Leading edge  
activities &  
resources  
right to  
your school.



**Be Fit for Life Centre**  
KNB 265, 2500 University Drive NW  
Calgary, AB T2N 1N4  
P. (403) 220-8011  
e. [bfit4lif@ucalgary.ca](mailto:bfit4lif@ucalgary.ca)





**Our Mission.** To ensure the **delivery** of **educational programs**, services and resources that **promote** and facilitate the development and maintenance of **active, healthy lifestyles** to all **Albertans**.

**K - 1**

## **Active Aliens**

A representative from “Planet Active” will visit your school and deliver a fun and exciting presentation to your Active Aliens. Follow-up activities will be distributed to keep the Active Living message going after the visit from Planet Active. It is Out of This World!

“Great supplement to our PE Program. The kids loved it and learned a lot. I loved the Active Alien theme.”

Dianne Lever, Teacher, Webber Academy

**K - 1**

## **Active Safari Adventure** NEW!

Students will encounter different animals who share their secrets to staying active. This adventure utilizes the imagination and allows students to experience innovative ways to be active using Fitter® First® equipment.

**K - Grade 3**


## **Happy, Healthy, Heart!** NEW!

Students learn the fundamentals of what makes them “tick.” Students will learn about their hearts, how they work, and how to take their own heart rate. Using various intensities of activity, the students will learn how their hearts react to exercise and the importance of having a Happy, Healthy Heart!

**Grades  
2 - 3**

## **Mission Possible**

Delivered by the “Planet Active” representative, this program combines elements of both the Active Aliens and the Active Living Challenge. Students learn about cardiovascular fitness, muscular strength & endurance, balance and flexibility through fun and dynamic active-living games.



**Our Mission.** To ensure the **delivery** of **educational programs**, services and resources that **promote** and facilitate the development and maintenance of **active, healthy lifestyles** to all **Albertans**.

**Grades  
4 - 6**

### **Active Living Challenge**

---

Students get active and get challenged while they get an idea of their abilities in different areas of fitness. The Challenge includes participating in four components: Cardio Challenge, Flexibility Challenge, Sit & Stand Challenge, and the Bridge Challenge.

**Grades  
4 - 6**

### **Fitness Blast!**

---

This follow-up program to the Active Living Challenge will give your students increased fitness knowledge and training skills. They'll have a blast with fun warm-up, heart rate, circuit training, flexibility, muscular strength & endurance and cool down activities.

**Grades  
4 - 6**

### **B.A.S.E.C. Body - Level 1** NEW!

---

Students get lots of variety in this introduction to circuit training! They'll learn about "basic" fitness through **B**alance, **A**gility, **S**trength, **E**ndurance, and **C**ore training using a variety of Fitter® First® equipment to challenge their bodies in a fun, safe and age-appropriate manner.

*\* This is a Fitter International Inc. sponsored program - Balance and Fitness for Life.*

**All Grades  
Elementary/  
Jr. High**

### **Active Living Council**

---

Learn the ins and outs of Active Living! Guided by a BFFL representative, a council of students will plan, prepare and carry out Active Living activities at your school from September to June.



**Our Mission.** To ensure the **delivery** of **educational programs**, services and resources that **promote** and facilitate the development and maintenance of **active, healthy lifestyles** to all **Albertans**.

**All Grades  
Elementary -  
Sr. High**

### **Healthy Lifestyle Jopardy**

Buzzzz! "What is a healthy lifestyle?" Students will have a blast in this fun and interactive game that includes discussions and activities. They'll learn about healthy eating, active living, and maintaining a positive self and body image.

*"Your presentation was fantastic and original.  
It integrated fun with learning."  
Grade 7 Student, Nickle Junior High*

**Grades  
7 - 9  
(Jr. High)**

### **Ultimate Fitness Challenge**

Students learn how to get into tip-top shape! Through participation in four challenges (cardiovascular, flexibility, wall sit and bridge), students will receive a fitness score that will assist them in determining their current fitness level. Then they'll be given tips on how to maintain and improve all areas of their physical fitness.

**Grades  
7 - 9  
(Jr. High)**

### **Active Living/Healthy Eating** NEW!

Students learn the benefits of living a healthy, active life. They'll be encouraged to participate in group debates on hot topics in exercise and nutrition in this fun, non-intimidating classroom presentation.

**Grades  
7 - 9  
(Jr. High)**

### **ABCs - Level 1** NEW!

Students learn to improve **A**gility, **B**alance and **C**ore skills in this fun, active training program. The program can be geared toward general activity or a specific sport (eg. agility training for football).



**Our Mission.** To ensure the **delivery** of **educational programs**, services and resources that **promote** and facilitate the development and maintenance of **active, healthy lifestyles** to all **Albertans**.

**All Grades**  
(Jr. High/  
Sr. High )

### **Physical Activity and Body Image**

Students will learn about positive self esteem and body image through physical activity and awareness. They'll enjoy interactive discussion surrounding media messages, body image and physical activity in a fun, non-intimidating environment.

**Grades**  
**10 -12**  
(Sr. High)

### **In The Zone - Heart Monitor Training**

Do your students know about the concept of heart rate monitoring to determine exercise intensity? They'll learn how to monitor their heart rates and how it can be an important tool to improve fitness levels and performance in sport!

**Grades**  
**10 -12**  
(Sr. High)

### **Training Essentials** NEW!

This classroom presentation will teach students about cardiovascular, muscular, and flexibility training. Topics include the FITT principle (frequency, intensity, time, and type of exercise), major muscle groups and how to train safely and effectively.

**Grades**  
**10 -12**  
(Sr. High)

### **B.A.S.E.C . Body - Level II** NEW!

This advanced version of the original B.A.S.E.C. Body program will keep your students challenged. They'll have fun while they complete a high-intensity circuit focusing on **B**alance, **A**gility, **S**trength, **E**ndurance, and **C**ore.



**Our Mission.** To ensure the **delivery** of **educational programs**, services and resources that **promote** and facilitate the development and maintenance of **active, healthy lifestyles** to all **Albertans**.

**Grades  
10 -12  
(Sr. High)**

### **ABC's - Advanced**

**NEW!**

Students will improve **A**gility, **B**alance and **C**ore skills in this advanced active training program. This program can be geared toward general activity or a specific sport (eg. agility training for basketball).

**Grades  
10 -12  
(Sr. High)**

### **Active Living/Healthy Eating**

**NEW!**

Students will learn about active living and the benefits of living a healthy, active life. They'll be encouraged to participate in group debates on hot topics in exercise and nutrition in this fun, non-intimidating classroom presentation.

**All Grades  
(Elementary -  
Sr. High)**

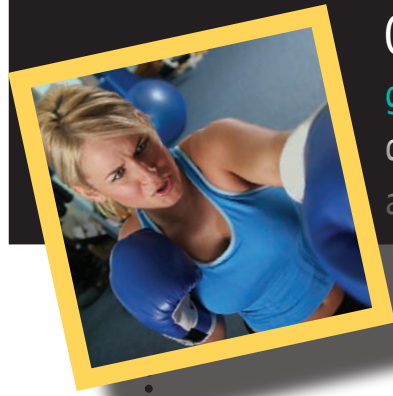
### **Custom Active Living Programs**

Let us help you customize your own series of active living games that are appropriate to the age and interests of your specific group.

**All Grades  
& Sport  
Groups**

### **Custom Nutrition Programs**

Tailor nutrition information to your group's needs. Discussion and interactive games are made age appropriate and fun, helping students learn about healthy eating. Sample topics include: eating healthy while eating out, weight loss fads, fat & sugar and diet myths.



**Our Mission.** To ensure the delivery of educational programs, services and resources that promote and facilitate the development and maintenance of active, healthy lifestyles to all Albertans.

**Programs for teachers and staff can be offered as professional development programs or lunch & learns.**

**Teachers /  
Support  
Staff**

**Invest in Health**

**NEW!**

Take the time to discuss the state of physical, emotional and social well-being that you are in. This information-filled session includes current health issues and trends as well as an opportunity to personally assess where you should “Invest in Health.” (Approx: 50 min.)

**Teachers /  
Support  
Staff**

**Health Check**

**NEW!**

Learn about your current state of health by taking part in a health check. The Health Check includes Blood Pressure and Heart Rate measurements as well as Waist Circumference and Body Mass Index. An information session regarding norms and the importance of each measurement are also included. (Length dependent on number of participants)

**Teachers /  
Support  
Staff**

**Specialty Fitness Classes**

**NEW!**

These classes can be done over the lunch hour or after school. They can be provided for staff or students. They include:

- Yoga
- Core and More
- Cardio Kickboxing
- Boot Camp
- Custom Dance Classes

**Pricing**



- Active Living Presentations:** One Hour: \$ 60  
Half Day: \$125  
Full Day: \$200
- Active Living Council:** Prices vary depending on level of commitment required.
- Custom Presentations:** Prices vary depending on presentation
- In the Zone:** Full Day: \$200  
(Heart Rate Monitoring Training) 1 Hour: \$100