Chilliwack
Division of Family Practice
A GPSC initiative

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Making Healthy Living Fun and Accessible for All: Three Live 5-2-1-0 Playboxes Installed in Chilliwack

Sports and activity equipment, and books for all ages available to use free of charge

Supporting active play, less screen time, and reading, Live 5-2-1-0 Playboxes are now set up in Central Community Park, the Landing Centre and Watson-Glen Park. They contain sports equipment and books that are **free** for community members to use at that park. To gain access, fill out a form on the Chilliwack Division website for a code at www.divisionsbc.ca/chilliwack/hkilogin

Katrina Bepple, Programs Lead, Chilliwack Division of Family Practice comments "We have amazing community partners that have been helping us to spread the Live 5-2-1-0 healthy habits message since the launch of the Healthy Kids Initiative in December 2012. Now we have a resource that all families in Chilliwack can use to access equipment and books to help them get more physical activity (One hour or more of active play!) and less screen time (Two hours or less of screen time!). Register at www.divisionsbc.ca/chilliwack to unlock the Live 5-2-1-0 Playbox and unleash the fun!"

These Live 5-2-1-0 Playboxes are a project of the Chilliwack Division of Family Practice's Healthy Kids Initiative, City of Chilliwack, the Early Years table of the Chilliwack Child and Youth Committee, Chilliwack Sports Academy, Rotary Club of Chilliwack, and 89.5 The Drive. This project is supported by SCOPE (Sustainable Childhood Obesity through Community Engagement), an initiative of BC Children's Hospital, that is focused on the Live 5-2-1-0 health promotion message and works with communities to make the healthy choice the easy choice for children.

Dr Shazhan Amed, SCOPE Project Founder & Lead, says "We are thrilled to see the incredible community partnerships in Chilliwack that are taking action for the promotion of children's health. The Live 5-2-1-0 Playboxes represent an innovation in improving the health of community environments for children, and we couldn't be happier to support this initiative."

The Chilliwack Division is delighted that the City of Chilliwack is not only placing concrete slabs and providing installation for these Live 5-2-1-0 Playboxes, but is funding an entire playbox. The Early Years table of the Chilliwack Child and Youth Committee is funding another playbox, with the Chilliwack Sports Academy helping to source the equipment and providing a yearly contribution to restock the playboxes if equipment is broken or goes missing, the Rotary Club of Chilliwack providing books for the playboxes, and 89.5 The Drive helping to promote the playboxes with free airtime. A true community collaboration.

"Getting children off the couch and interested in active play outdoors through the playboxes is an important part of building a healthy community through great community partnerships," said Mayor Sharon Gaetz. "The City of Chilliwack is pleased to fund a playbox, as well as place concrete slabs and provide installation for the playboxes in our community."

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The project depends on community involvement for its success. Residents of Chilliwack and local organizations can play an important part in this by helping monitor the boxes, stocking it with new equipment and hosting Playbox in the Park nights to facilitate active play with the kids. If you or your organization is interested in any of these opportunities, please contact Katrina Bepple, Chilliwack Division Programs Lead at: kbepple@divisionsbc.ca or 604.845.5573.

For more information on the Healthy Kids Initiative, visit www.divisionsbc.ca/chilliwack/hkiresources