

Energy CUBES

le
grand
DÉFI

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INFORMATION SHEET

FROM MAY 2ND TO MAY 30TH

WHAT? A challenge where participants must engage in physical activities as much as possible at school and at home.

WHEN? From May 2nd to May 30th, 2016.

WHO ? All students from kindergarten to sixth grade. To collect even more cubes, children are encouraged to engage in physical activities with other immediate family members: brothers, sisters, parents, and grandparents. Staff members of the school are also invited to participate with their spouse and children.

HOW? Each 15 minutes of physical activity equals 1 energy cube. Each time a student or a staff member **ENGAGES** in a physical activity **WITH** one or more member of his immediate family, he can add 1 energy cube per participant to his record.



Energy
cube



15 minutes of
physical activity

PRIZES:

■ **The Nestlé Pure Life Grand Prize event***

A weekend full of surprises and activities, held on June 18th and 19th in Montreal.

■ **A visit from the Vehicube***

A one-day event, during the 2016-2017 school year, in which the kids will have a great opportunity to discover how to be more active and to eat well.

* Winners will be randomly drawn in each administrative region on June 2nd.



GREAT NEWS! Free student logbooks will be sent directly to your school while supplies last.

For more information: cubesenergie.com

Thank you to our partners: **RioTinto**

