



WHAT IS B3?

B3: Brain Body Boost is an online, school-based physical activity program that brings health education into the classroom while motivating students to be active!

WHO CAN PARTICIPATE?

B3 is available to all 4th, 5th, and 6th grade teachers and students.

WHY PARTICIPATE?

- > B3 lesson plans, activities, and resources align with the Utah Health Education Curriculum
- > Teachers receive free school supplies for completing tasks
- > Help students develop active lifestyles
- > B3 provides a fun and exciting way to learn about wellness
- > Earn grand prizes for your class

HOW TO PARTICIPATE?

It's easy to sign up – go to [B3kids.com](https://www.b3kids.com), click the Sign Up button and enter your information. From there you're ready for lift off!

