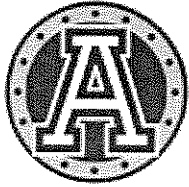


## Argo Recess Returns For 3rd Season

May 5, 2010 - Canadian Football League (CFL) Toronto Argonauts



Toronto - With reports of childhood obesity growing and school children not getting a sufficient amount of exercise, the Toronto Argonauts Football Club and Tim Hortons are committed to helping get kids active by bringing back the Argo Recess program for a third year. Argos players, cheerleaders, Jason the Argos Mascot, media guests and Argonauts staff show primary school students that exercise is not only good for their health but fun as well, by engaging youth in football, sports and physical activity through a unique recess experience. During an extended 30 minute recess, Argos players will interact with the students, getting them involved in a circuit of drills and inflatable skill zones, providing students the opportunity to achieve their daily physical activity requirement.

Thousands of GTA students will participate in an Argo Recess this year with an interactive portion called Argocise that teaches students exercises that can be used in their daily lives including yoga, calisthenics, football drills and pre-game warm ups. Students and teachers can then download the instructions, as well as healthy eating tips, off of the Argos website at [argonauts.ca](http://argonauts.ca) for future use in the schools.

Commented Lindsay LaMorre, HPE Professional Learning Network, Lead Teacher, TCDSB, "Argo Recess did an excellent job collectively engaging and motivating the entire school community to participate in a variety of physical activity stations. Students fulfilled their Daily Physical Activity curriculum requirements in a fun and exciting way that encouraged personal goal-setting related to fitness improvement, taught transferable movement skills and integrated valuable lessons connected to real-life living skills. By endorsing the importance of life-long health and well-being, Argo Recess has inspired our students to get active and we look forward to working with them in the future."