



ABOUT BOKS:

BOKS is a physical activity program that empowers school communities to improve their children physically, mentally and socially through the power of movement. Backed by science, BOKS provides each school community with a robust curriculum, training and on-going support to establish and maintain impactful programs serving the whole child. In an effort to close the fitness inequality gap, the BOKS program is 100% FREE to schools so that children have access to the extensive health and wellness benefits of sport and fitness no matter their income level.

A BOKS CLASS:

BOKS is 100% FREE and can be run before, during or after school. The program typically runs between 2-3 times a week and lasts for about 45 minutes. BOKS classes start with a fun warm-up game, transition into running, relay races and obstacle courses and includes a functional fitness "skill of the week." Each BOKS class provides plenty of opportunity for non-competitive play as the program is filled with team-oriented games. To enhance the programs focus on overall health, classes include a nutritional "bit" to help students make healthy food choices. BOKS is designed to involve the whole family and school community.

TESTIMONIALS:

BOKS children. "If it weren't for BOKS than I personally wouldn't be the athletic, hardworking Isaiah I am today." - Isaiah Pena, 8th Grade

"I had a parent come to me and say she was very thankful for the BOKS program. Her 4th grade daughter who is normally a bubbly and energetic young girl was going through a difficult time. She was having a hard time getting out of bed in the morning and getting excited for school. Once BOKS started she was jumping out of bed in the morning to get to school, meet her friends, play games, and exercise!" - BOKS TRAINER, Boston, MA

"I had a lot of parents tell me how impressed they were with the program and that they noticed a positive difference with their child. I had teachers tell me they noticed the attention level of the students have increased. They were more energized and made healthier choices. The students themselves told me how much better they feel — mentally, physically, and emotionally. It really improved their confidence level." - Lead Trainer, Ontario

RESEARCH:

BOKS moves the dial significantly towards helping children reach their recommended 60 minutes of activity per day. Preliminary results from a study conducted by Harvard Medical School / MGH on over 1,000 children in Massachusetts found that BOKS children significantly improved their BMI compared to non-BOKS children, suggesting that 3 days a week of BOKS can help prevent increases in childhood overweight and obesity. In addition, BOKS children who did BOKS 2 and 3 days a week had significant improvement in student engagement, positive affect, and vitality/energy compared to non-BOKS children.

CONTACT US:

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