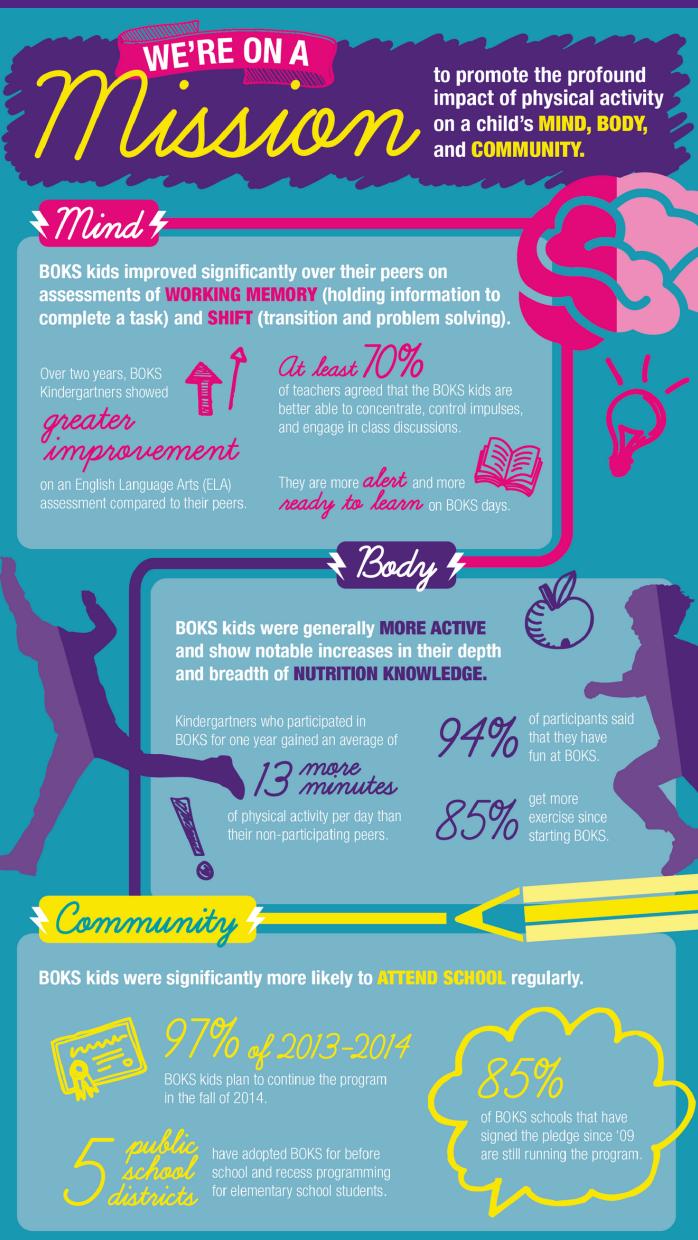




BOKS (Build Our Kids Success), is a non-profit program created as a direct response to the dwindling amount of physical activity programs in elementary and middle schools. Our mission is to promote the profound impact of physical activity on a child's mind, body, and community with a goal of reversing the physical inactivity epidemic.

In 2009, Kathleen Tullie, a mom and now Founder and Executive Director of BOKS, read the book, *Spark*, by Dr. John Ratey. The book clearly set forth the research as to why kids should be active before school and she was inspired to create a program at her children's elementary school. With school approval and a group of passionate moms, BOKS was launched.

Providing a free robust curriculum, BOKS seeks to empower the community to help the youth of this generation embrace healthy habits that will last a lifetime. The curriculum was built to give kids 45 minutes of fun, non-competitive, kid-friendly activities, achieving moderate to vigorous physical activity through warm-ups, a skill of the week, running, relay races, obstacle courses, group games and age appropriate nutrition tips designed to increase nutritional knowledge and build healthy habits to last a lifetime.



BOKS has received positive feedback and experienced exponential growth. Since 2009, over 2,300 schools have enrolled in our program from across the world and this is only just the beginning. With recognition from American Council on Exercise, Partnership for a Healthier America, Alliance for Healthier Generation, Shape America, Institute of Medicine, and the Aspen Institute we continue to make strides throughout the nation. We've also received funding from the Reebok Foundation, Boston Foundation, Toyota, Blue Cross Blue Shield, The Public Health Agency of Canada, CVS Health and the Boston Bruins Foundation to support our growth.

Through research studies with National Institute on Out Of School Time (NIOST), Dr. Wayne Westcott and now Harvard Medical School, we are showing people the importance of getting kids moving in the morning. Evaluations by NIOST (2011-2014) and Dr. Wayne Westcott (2014, published in JESO) found that BOKS has a significant impact on physical activity intensity and daily duration, body composition (body fat percentage), nutrition knowledge, test scores, executive functioning of the brain, and school attendance. We've also found that at least 90% of parents and children would sign up for BOKS again and teachers can attest to its positive effects on learning readiness and classroom behavior.

Active Kids = Active Minds

For information on how to bring BOKS to your school
please visit www.bokskids.org
or email us at info@bokskids.org





Program Offerings



FUNCTIONAL FITNESS

Our 12 week curriculum provides a day to day lesson plan to get kids moving for 40-45 minutes before the school day three times a week. All BOKS classes focus on a functional fitness skill of the week (ex. squat, push up, plank) and follow the same format including team-oriented games. The lesson ends with a short nutritional talk to provide kids with the tools to make smart healthy food choices. The BOKS curriculum provides children a safe, fun environment to practice skills through play, while building confidence and developing lifelong healthy habits.

ADAPTIVE FUNCTIONAL FITNESS

BOKS has developed some basic modifications to its curriculum to ensure that all interested children can participate in BOKS. These adaptive movements have been created to assist children with physical disabilities specific to a wheelchair or mobility device. Many activities in the curriculum have been modified to provide a way to give special needs children the same kind of stimulus as the children who utilize the traditional curriculum. Just like any other BOKS kids, a special needs child is still working towards his or her goal, whether it be a time based goal or quantity, based on repetitions. The program goals should be modified as necessary to ensure they are achievable based on the child's abilities.

FUNDAMENTAL MOVEMENT

In addition to our original curriculum we now have a new Fundamental Movement curriculum. This 12 week curriculum has been developed to get kids moving twice a week for 40 minutes each day, incorporating fun activities and games which focus on developing basic fundamental movement skills (kicking, catching, throwing, striking), fitness principles (strength, endurance, coordination), and nutrition. Teaching kids how to kick, catch, throw and strike will empower them to further their development in other sports and physical activity.

MIDDLE SCHOOL

Middle school students are more aware of fitness concepts than in elementary school. Because of this, the BOKS Middle School Curriculum is set up in a unique way where the fitness concepts are "hidden" within the games, relays, or obstacle courses. In this manner the trainer is still able to educate the students on specific skills and concepts, but the students do not feel everyone is watching them. By combining traditional playground games, typical ball sports and fast paced relay races and obstacle courses, BOKS provides the moderate to vigorous physical activity students need to get ready to learn in class.

EARLY CHILDHOOD

Our new Early Childhood Curriculum gets children ages 2-5 moving as well as provides them with information about healthy eating. The curriculum keeps young kids active throughout their day as well as teaches them about healthy eating habits. The early childhood curriculum provides younger children a safe, fun environment to practice skills through play, while building confidence and developing lifelong healthy habits.

BOKS BURSTS

BOKS Bursts are 1 to 10 minute in-classroom physical activities created to help kids stay active throughout the school day, energizing their brains for enhanced learning. The programming takes into consideration the typical classroom layout and resources, and all Bursts, whether individual, partner, or team focused, are designed to be performed with minimal space. BOKS Bursts are traditionally led by teachers, but training can also be tailored to cover a youth-led model, providing kids a health focused leadership role within the school or classroom.

BOKS INDOOR/OUTDOOR RECESS

Recess, whether indoor or outdoor, is often under-utilized as a source of quality physical activity for elementary and middle school kids. Our recess template can show parents and teachers how to utilize our resources (BOKS curriculum and Bursts) as tools to provide both structured physical activity and organized free play during recess.

YOGA AND MINDFULNESS

SUPPLEMENT

BOKS and Tara Stiles (founder of STRALA Yoga) have teamed up to bring you some fun yoga and mindfulness activities to enhance your BOKS class. is designed to activate the body's relaxation response by breathing deep, matching your breath and body together, and moving your whole body in harmony with itself. It's important for our kids to make a connection with themselves at an early age so they can respond to stress in a healthy way. By teaching our kids how their bodies feel in a relaxed state and breathing through movement, they may be better equipped to have a healthy response to everyday stresses



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For more information about our program or how to bring BOKS to your school

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