

WE'RE ON A

Mission

to promote the profound impact of physical activity on a child's **MIND, BODY, and COMMUNITY.**

Mind

BOKS kids improved significantly over their peers on assessments of **WORKING MEMORY** (holding information to complete a task) and **SHIFT** (transition and problem solving).

Over two years, BOKS Kindergartners showed

greater improvement

on an English Language Arts (ELA) assessment compared to their peers.



At least 70%

of teachers agreed that the BOKS kids are better able to concentrate, control impulses, and engage in class discussions.

They are more *alert* and more *ready to learn* on BOKS days.



Body

BOKS kids were generally **MORE ACTIVE** and show notable increases in their depth and breadth of **NUTRITION KNOWLEDGE.**

Kindergartners who participated in BOKS for one year gained an average of

13 more minutes

of physical activity per day than their non-participating peers.



94%

of participants said that they have fun at BOKS.

85%

get more exercise since starting BOKS.



Community

BOKS kids were significantly more likely to **ATTEND SCHOOL** regularly.



97% of 2013-2014

BOKS kids plan to continue the program in the fall of 2014.

5 public school districts

have adopted BOKS for before school and recess programming for elementary school students.

85%

of BOKS schools that have signed the pledge since '09 are still running the program.

Get up and Go with BOKS

boks build our kids' success energized by Reebok

#RiseWithBOKS

Learn more at: BOKSKIDS.org

SOURCES:

1. Internal BOKS Surveys conducted with BOKS parents, teachers, and students in Massachusetts and Washington, DC. Fall 2013 and Spring 2014.
2. Research Findings from National Institute on Out-of-School Time, Wellesley Centers for Women, Wellesley College.