



Lace Up & Move

About the Program

Lace Up and Move is an after school exercise programs aimed at increasing minutes of physical activity, improving sleep quality, and increasing healthy food consumption among Hispanic and African American children.



BOUNCE
Lace Up & Move

What We Offer

For 12 weeks participants engage in structured exercise sessions led by certified instructors. These sessions include kickboxing, spinning, yoga and Zumba.

Participants also receive nutrition lessons taught through engaging, hands-on activities. These lessons cover portion sizes, body functions and reducing sugar and fat amongst other essential topics. Students also learn about the techniques and benefits of mindful eating.

Note: Participants complete a series of surveys (e.g., demographic, acculturation, food frequency), receive body assessment, and wear a motion analyzer to assess daily physical activity.