



BOUNCE Healthy Lifestyle Programs

About BOUNCE

Established in 2005, BOUNCE is a community outreach and research initiative dedicated to reducing obesity-related diseases among underserved communities by empowering Hispanic and African American youth and families to adopt healthy lifestyles by making nutritious food choices, engaging in daily exercise and fostering a positive body image.

The BOUNCE initiative began as a one-week summer program and has grown to a variety of programs that include adults and children alike. These programs have reached over 10,000 families through partnerships with over 20 local elementary and middle schools and community health clinics and organizations.

What We Offer



BOUNCE
Summer Wellness



BOUNCE
Lace Up & Move



BOUNCE
Nutrition Ambassador



BOUNCE
Master Growers Club