



Summer Wellness

About the Program

Established in 2005, BOUNCE Summer Wellness is an award-winning healthy lifestyle summer program designed to promote healthy eating, regular physical activity and body positivity among low-income Hispanic and African American children who are overweight or obese.



BOUNCE
Summer Wellness

What We Offer

A four-week program offered Monday through Friday from 9 a.m. to 3 p.m. Lessons are available in both English and Spanish with a curriculum designed for children and their parents.

Daily schedule includes three exercise sessions: cycling, kickboxing, Pilates, soccer or yoga, one nutrition session: cooking demonstration, grocery store tour and gardening, and one counseling session: body image, positive self-esteem and bullying. Healthy breakfast, lunch and snacks are served daily.

All parents are encouraged to attend a weekly two-hour work shop focused on nutrition, exercise and counseling.