



# Lace Up & Move

The aim of the Lace Up and Move is to increase minutes of physical activity, improve sleep quality, and increase healthy food consumption among Hispanic and African American girls and boys (ages 9 -14).

## What we offer:

For twelve weeks participants in the green group participate in structured exercise sessions twice per week led by a fitness instructor (i.e. Zumba, kickboxing, fitness yoga).

For twelve weeks participants in the yellow group meet once a week to participate in active games.

Both participant groups receive a healthy snack after their session and a brief nutrition education on mindful and healthy 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.

## For more information, contact BOUNCE

Psychological, Health & Learning Sciences Department,  
University of Houston

3657 Cullen Blvd., Farish Hall Rm #491,  
Houston, TX 77204-5029



Office: 832-842-5921

[www.uh.edu/education/bounce](http://www.uh.edu/education/bounce)

[bounce@central.uh.edu](mailto:bounce@central.uh.edu)

## Eligibility Criteria:

Child must be between the ages of 9 -14 years old.

Child must be of Hispanic or African American descent.

Child must have no physical disability or medical conditions that interfere with their participation in an exercise program.

Child must complete physical, psychological, and fitness examinations before and after the program.

Parents are encouraged to participate in this program.