

Physical activity is the most underutilized intervention in pediatric health and education



Join the movement! Active Kids & Minds (formerly BOKS) is a free, scalable, sustainable, & evidenced program for parents and teachers.

Sample of Curricula:

- **Functional Fitness** – Our most popular beginner program, designed to build strength, coordination, confidence, and foundational movement skills.
- **Ready, Set, Run** – Structured running curriculum that builds endurance and goal-setting.
- **Pickleball Curriculum** – Skill-based introduction to one of the fastest-growing lifetime sports.
- **Classroom Burst Activities** – Short movement sessions to boost focus.
- **Find Your Inner Athlete (Private – Hospital & Clinical Partners)** – Targeted movement curriculum designed for medical and therapeutic settings.
- **Active Girls (Private – Clinical Intervention)** – Specialized program supporting metabolic and hormonal health in partnership with healthcare providers focusing on PCOS.



AK&M Research & Evidence

- Grounded in neuroscience linking physical activity to improved cognition, mood, and academic performance.
- Informed by pediatric and metabolic health research.
- Implemented in partnership with pediatric hospitals and endocrine clinics.
- IRB-approved pilots underway in clinical settings.
- Designed as an upstream prevention model addressing inactivity, mental health, and chronic disease risk.



How to Get Started?

Sing Up on the Trainer HUB
and Log In



Coordination and Logistics
- Work with you principal,
other teachers, & parents
on the who, when and
where

Send out an email
to Parents and let
the sign-ups begin

Let the journey of
making an impact
begin!

The Trainer Hub includes a step by step roll out plan, the letter to the principal, the letter to parents, the registration form, all the curriculum and tons of resources. All you need is the desire and motivation to make a difference!!!!



The videos tell the stories of impact



Some of AK&M's Favorite Videos

- [Dr. Ratey Video 2025](#)
- [Active Kids \(BOKS program\)](#)
- [International Day of Play](#)
- [Teacher Testimonials](#)
- [Dr. Mark H Fishbein Lurie's Children's Hospital, Chicago](#)
- [Defenders of Physical Activity Award](#)
- [Isaiah Video](#)
- [Asal Video](#)
- [10 Year Video](#)