

BOSTON MOVES!



STRONG BODY. STRONG MIND. STRONG ME.

We are deeply inspired by the sense of community witnessed as we collectively address challenges amidst the COVID-19 pandemic. Boston Moves is where we come together to get through this crisis and prepare for the day when we can resume our traditional programs (we have gone virtual in the meantime!). All funds raised through Boston Moves support the **Boston Scores Fund: Supporting Boston Youth during COVID-19.**

Everyone needs physical activity to stay healthy which is why Boston Scores ensures that our students receive the recommended 60 minutes a day recommended by the CDC. It's not just for kids though, physical activity can boost your mood, sharpen your focus, reduce stress, & improve sleep. Join Boston Scores to get moving! If you are already "moving" then dedicate your activity to Scores and our kids so they can get moving in the fall!

SOCCER. WALK. RUN. DANCE. PLAY. WHAT'S YOUR MOVE?

- 1) Decide on a **movement goal** to challenge yourself (# of miles to walk, run, or bike; daily move goal of 20 minutes; practicing a headstand, gardening, or anything else that gets you moving!)
- 2) **Take the pledge!** Sign up at www.BostonMoves.org to pledge to keep moving! Consider a \$20 donation that will help keep our students active!
- 3) Build your **Quaran-TEAM!** Recruit friends and coworkers to join you to support Boston Scores. We have incentives we will be rolling out during the campaign!
- 4) **Get Moving!** Share your progress on social media using #BostonMoves.

