

BOUNCE: An Exploratory Healthy Lifestyle Summer Intervention for Girls

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Objectives: To assess the efficacy of the BOUNCE parent-daughter intervention in promoting selected physical fitness measures and activity. **Methods:** Thirty-seven Latino and African American parent-daughter pairs participated. The intervention entailed physical activities, nutrition classes, and self-esteem activities. Child's height, weight, waist circumference, body fat %, blood pressure, physical fitness, and activity were assessed pre- and postintervention. **Results:**

A repeated-measures ANOVA yielded significant results [$F(4,26) = 793.003, P < 0.001$]. Post hoc analyses demonstrated significant ($P < 0.05$) changes in BMI, waist circumference, physical fitness, and activity. **Conclusions:** The BOUNCE intervention was effective in promoting fitness and activity in minority girls.

Key words: African American, Latino girls, physical activity, fitness

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