

# Moms & Dads, We Need You!



Fall Is Coming and It's Time to Get Ready for BRO!!

**Boys Run On (BRO)** is a **Fun**, physical activity based program for boys in 3<sup>rd</sup> – 5<sup>th</sup> grade, which provides the tools, the head & the heart to make our boys physically fit, internally healthy and successful in life. We inspire them to continue a healthy lifestyle and navigate this world wisely.

You don't have to be a runner to be a BRO Mentor, all you need is the desire to become healthier and to help our boys get there too!

We provide all of the easily followed daily plans (designed by Doctors, PTs, Exercise Physiologists) for you to follow.

Dates for fall program: September 20<sup>th</sup> – November 19<sup>th</sup> \*

\*5K run Saturday, November 20<sup>th</sup>

Time commitment:

- Pre-program Training Session – 3 Hours Max
- CPR Certification (paid for by Boys Run On)
- Two days per week after school for an hour and forty-five minutes. You pick the days and times.
- 5K Celebration Run

We need at least one parent to be the lead Mentor at each school, and at least one other to assist for a full program (16 boys).

Can't make both days? That's OK, we still want you involved. Let us know what you're able to contribute.

As a Mentor for Boys Run On you will have an incredible impact on the men of our future. You will be providing them with the skills necessary to be healthy and successful regardless of what they choose to do in life. We want your skills and talents to be a part of that success. Come join us in this highly rewarding endeavor, you will be glad you did!

Check out what other parents have said about Mentoring the program and watch the videos at [BoysRunOn.org](http://BoysRunOn.org) and sign up to be a Mentor, just click the **Orange** button at the top!

**School not registered yet?**

Go to [BoysRunOn.org](http://BoysRunOn.org), Click the **Blue** Button in the upper Right corner and fill out an application. Questions? Contact Dr. Greg Wollen at [DrGreg@BoysRunOn.org](mailto:DrGreg@BoysRunOn.org)

**No Other Program Will Give Our Boys What BRO Will Give Them!**