



Girls on the Run is for **EVERY** girl.

Girls on the Run is an after school program like no other!

Twice per week for 10 weeks, participants will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3rd - 5th graders through interactive lessons and movement activities. The season ends with a celebratory 5K event.



Why it matters **It's fun. It's effective.**

Participating in Girls on the Run transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.



Girls who were the least active at the start of the program increased their physical activity by more than 40%*



97% of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions*

SEASON DETAILS: GREENFIELD ELEM

Program starts: **Week of Sept 18**
Team meets: **Tues & Thurs, 3-4:30**
End of season 5K Fun Run: **Dec 3**

Program Fee: **\$10+, depending on family income & household size** **we have never turned anyone away due to inability to pay the fee**

Scan to register or for more info about Girls on the Run:



*Results based on a independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.