

## **What is Girls on the Run?**

Girls on the Run is an after school program for girls in 3<sup>rd</sup> – 5<sup>th</sup> grade that uses the power of running to help prepare girls for a lifetime of self-respect and healthy living. Through interactive activities such as running, playing games, and discussing important issues, participants learn how to celebrate being girls. The program focuses on building self-esteem and improving emotional and physical health. During the 10-week program, girls are empowered with a greater self-awareness, a sense of achievement and a foundation in team building to help them become strong, happy and self-confident young women. Each session is led by trained coaches that guide and mentor girls through a fun and uplifting curriculum. Coaches teach specific life lessons such as dealing with body image and the media, resisting peer-pressure, making healthy decisions, and contributing to the community. Along the way, the girls train together to run in a 5K (3.1 mile) event with all of the other Girls on the Run participants from across the St. Louis region.

**Our goal is to EMPOWER all girls to...**

- ✓ **Have a strong sense of identity**
- ✓ **Give and receive support from a group**
- ✓ **Stand up for themselves in a healthy manner**
- ✓ **Have a healthy body image**
- ✓ **Understand their importance in the community**
- ✓ **Complete a 5K event**

For more information click [here](#).