



# Girls on the Run

## *Empowering Girls from Start to Finish*

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Council Director

**Girls on the Run** is an experiential character development program that uses the power of running to help develop self-respect and healthy lifestyles. *Girls on the Run's* interactive, life-skills program focuses on building self-esteem and addresses the development of the "whole" girl - physical fitness, emotional intelligence and social awareness.

We offer two programs: *Girls on the Run* (for girls grades 3-5) and *Girls on Track* (for girls grades 6-8). The girls come together twice a week for a nine week period to learn life-skills such as; self-respect, bullying, eating disorders, gossip or values and at the same time train. The lessons are taught through uplifting games and workouts, which prepare the girls for an end-of-season 5K walk/run

celebration. The program is appropriate for any fitness level as it is non-competitive allowing each girl to set realistic goals based on her comfort level.

Our goals for each girl are:

- Build a stronger sense of identity
- Learn the advantages of peer group support
- Learn to stand up for herself in a healthy manner
- Have an improved body image
- Understand her place in the community and
- Complete a non-competitive 5k walk/run event!

**Our mission: To education and prepare girls for a lifetime of self-respect and healthy living.**

To learn more please visit [www.girlsontherun.ca](http://www.girlsontherun.ca) or email [info@girlsontherun.ca](mailto:info@girlsontherun.ca)



"Walking to the beat of her own drum" this eight year old completes her first 5k!

Photo Credit: Joe De Donato



Girls on the Run fosters friendships and support among all the girls.  
Photo Credit: Joe De Donato .



Girls on the Run participants, families and friends head to the start line.  
Photo Credit: Joe De Donato