Girls on the Run

Celebrating the Unique in Every Body

Environmental Solutions to Obesity in America's Youth

Summit: June 1st and 2nd, 2005







Helen Barker
6 year old and future "Queen of the United States"
a.k.a.- Brooklyn or Soda Pop



Helen is missing her two front teeth.



The Girl Box

The place girls go, *reluctantly*, around the age of 5th grade



In the Girl Box....

Girls are never ever good enough.



NEVER Thin enough Smart enough Pretty enough Sexy enough Athletic enough Successful enough Mother enough Girl enough

Never Woman enough....



Frequent Outcomes of Living in the Girl Box

```
Low self-esteem;
Poor body-image;
Eating disorders;
Alcohol and substance abuse;
Addiction to Plastic Surgery
Low feelings of self-worth
```

A lifelong *futile attempt* to find the *fix* that will in her words, "*make me good enough*"



But when she runs.....





Core Values of our Program

- We are not angry.
- We see obstacles as an opportunity for growth and learning.
- We build resiliency.
- We provide a life-changing experience to the girls, AND to the women who facilitate the groups.
- We put more emphasis on encouraging girls to celebrate the process of achieving their goals, instead of on the achievement of them.



The Girls on the Run Program is:

- Curriculum based
- Gender-specific
- Current
- Connected
- Managed at the local level
- Controlled at the national level
- Positively impacting all those with whom it comes into contact





And it's downright fun!





Three Key Components

- Values: What makes me unique, different and wildly authentic?
- Team Building: What about me is similar to other people and how can I be connected to a positive peer group who celebrates who I am uniquely;
- How do I impact change: What difference can one person make, Empower me!



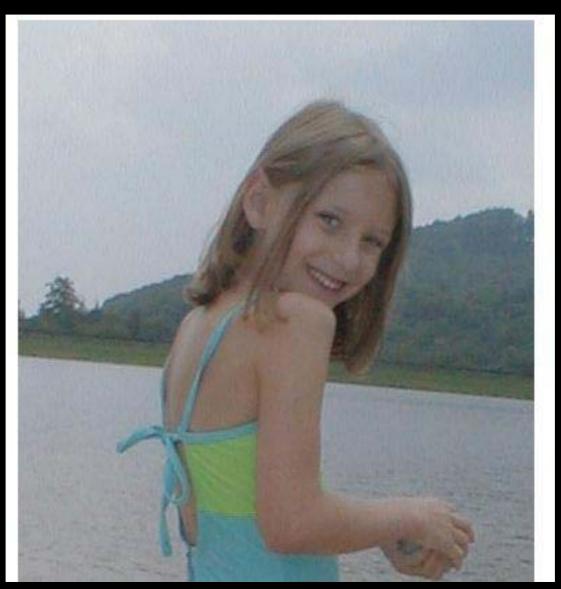
Each lesson has

- A Getting on Board
- A Warm-up
- A Workout
- Each activity divided by a period of processing
- Numerous opportunities to give each other energy awards and encourage each other in the process....





Madeleine's Idea









www.girlsontherun.org

