



Girls on  
the Run®



# The big picture



**Girls on the Run prepares young girls for a  
lifetime of self-respect and healthy living.**



**We empower young girls  
to become strong,  
self-confident women.**

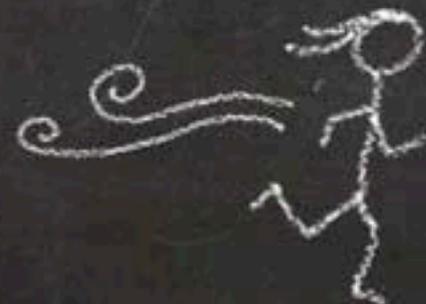




We encourage girls to value who they truly are  
and to **celebrate their unique individuality.**



# The specifics



Girls on the Run was  
founded in 1996 by  
**Molly Barker**





# 160+

Councils across North America



# 130,000+

Girls have participated in the program



How we do it.





# 12 Weeks

TUESDAY  
January



Girls on the Run is an experiential learning program with a focus on the **whole person approach.**





**24**

different lessons provide a  
tool kit for girls to remain  
**strong during adolescence**

**Break free!**





## Curriculum Framework

- \* Individual
- \* Relationships
- \* Community





# Session Format

- \* **Getting on Board Activity**
  - \* **Warm Up & Processing**
  - \* **Workout**
  - \* **Cool Down & Processing**
  - \* **Energy Awards & Concluding Remarks**
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**The girls celebrate their season by walking or running together in a 5k (3.1 mile) event.**



**We provide girls an opportunity**  
to experience life “outside the girl box”  
in a safe and supportive environment.





**It works!**



- \* Higher self-esteem
- \* Healthier body image
- \* Positive attitude toward physical activity



“It’s what’s inside that matters.”

“Now that I’ve done this, I can do anything!”



[www.girlsontherun.org](http://www.girlsontherun.org)