

What IS Girls on the Run?

Overview of Girls on the Run

Girls on the Run is a physical activity-based positive youth development program (PA-PYD) designed to develop and enhance girls' social, psychological and physical competencies to successfully navigate life experiences. Over the course of the program girls will:

- Develop and improve competence, feel confidence in who they are, develop strength of character, respond to others and oneself with care and compassion, create positive connections with peers and adults and make a meaningful contribution to community and society.

Such life skills will prevent unhealthy and risky behaviors, such as physical inactivity and negative body image, and promote positive health outcomes (e.g., physical, mental, social and spiritual health).

The Girls on the Run Process and Impact



Mission
We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

Vision

We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

Our Core Values

Girls on the Run honors its core values. We strive to:

- Recognize our power and responsibility to be intentional in our decision making
- Embrace our differences and find strength in our connectedness
- Express joy, optimism and gratitude through our words, thoughts and actions
- Nurture our physical, emotional and spiritual health
- Lead with an open heart and assume positive intent
- Stand up for ourselves and others

What Girls on the Run IS NOT:

- A competitive running program (running activities are used as a medium for teaching life skills and promoting healthy outcomes)
- A program that directly targets health issues such as obesity, pregnancy, substance abuse and eating disorders

Girls on the Run Central Kentucky

Coming to Christ The King this spring!

Mondays & Wednesdays beginning 2/5

Register online at www.gotrcentrally.org

Contact heidl@gotrcentrally.org with questions

