



# Girls on the Run is for **EVERY** girl.



## Heart & Sole is an after school program like no other!

Twice per week for 10 weeks, participants will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 6th - 8th graders through interactive lessons and movement activities. The season ends with a celebratory 5K event.



## Why it matters It's fun. It's effective.

Participating in Heart & Sole transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.



Girls who were the least active at the start of the program increased their physical activity by more than 40%\*



97% of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions\*

\*Results based on a independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

### SEASON DETAILS: ALEXANDER ADAIRE

Program starts: week of March 6

Team meets: Mon & Thurs, 3:15-4:45pm

End of season 5K Fun Run: June 4

Program Fee: \$10+, depending on family income & household size \*\*we have never turned anyone away due to inability to pay the fee\*\*

Questions? Melissa Schepers at [mschepers@philasd.org](mailto:mschepers@philasd.org)

Scan below for more info:



Learn more and register today at [www.gotrphiladelphia.org](http://www.gotrphiladelphia.org) or email [heather.plastaras@girlsontherun.org](mailto:heather.plastaras@girlsontherun.org)