



## Mom 'N Me Fun Run Girls On The Run

Southeastern District Health Department would like to invite you to the Mom 'N Me 5K Fun Run/Walk that will be taking place on May 11<sup>th</sup>, 2008. Come join us in an effort to start a fun and healthful tradition for families on this special day. Everyone and all abilities are welcome! The event will begin at 8:30 a.m. and end around 9:30 or 10:00 a.m. The race will begin and end at Centennial Park. After the run there will be refreshments and door prizes for participants! Start this Mother's Day off right with an experience that you will remember for years to come.

This event is part of the "Girls on the Run" program through the Health Department.

Girls On The Run (GOTR) is a life-changing experiential learning program for girls age 8-14. The program combines training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. The goals of the program are to encourage positive emotional, social, mental character and physical development, which is accomplished with female mentors/coaches in a girl-positive environment. The expectation is that participants will exit the program with a stronger sense of identity, a greater acceptance of themselves, a healthier body image, and an understanding of what it means to be part of a team. GOTR has been preparing the girls to complete a 5k run/walk, and challenges and encourages girls at all fitness levels.

The Girls on the Run Programs are based on the premise that:

- Females who participate in sports experience higher levels of self-esteem and confidence, as well as lower levels of depression than do their non-participating same-sex counterparts.
- Developing critical thinking and stress management skills are by-products of participation in organized sports and fitness programs.
- Studies show that girls between the ages of 8 and 14 are still receptive to adult influence, while beginning to feel peer pressure. It is an age when girls begin to confront important life and relationship issues.
- Girls on the Run initiate healthy decision-making about difficult issues. Learning healthy exercise habits early in life increases the chances that participants will value their own physical fitness as adults.

For more information, please contact Holly Husted at 239-5283 or e-mail [hhusted@phd6.idaho.gov](mailto:hhusted@phd6.idaho.gov)