



JOIN GIRLS ON THE RUN!

# CONFIDENCE

## that lasts a lifetime!

Girls on the Run is a girl-empowerment organization that inspires participants to be joyful, healthy, and confident using evidence-based lessons that combine relationship building, community strengthening, and goal setting with physical movement.

**Girls** on  
the **run**®

## WHY GOTR MATTERS



Girls' self-confidence begins to drop by age 9



Girls' physical activity levels decline starting at age 10



50% of girls ages 10 to 13 experience bullying



## QUESTIONS?

### Contact

**Girls on the Run DFW Metroplex**

✉ allison@gotrdfw.org

☎ 214-484-3082

For more information and to register, visit

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