

**Fitness Program** has three aspects: School-based Fitness Programming, Bodies in Motion, and as a component woven into all Girls Inc. programs, Girls Inc. of Alameda County offers age-appropriate programs to girls ages 5-18, and girls are encouraged to join in kindergarten and continue through their completion of high school.



School-based Fitness Programming invites high school girls to participate in weekly activities to increase awareness around personal health with a focus on fitness, sports, wellness, nutrition, and healthy cooking. Programs are offered at school sites.

Bodies in Motion gives girls ages 7-18 the opportunity to work one-on-one with Girls Inc. Fitness staff to achieve their personal health goals through customized exercise training and overall nutrition and wellness strategies. A physician's referral and a collaborative approach are key factors in this new program.

All Girls Inc. programs incorporate “fitness programming” into their intentional, research-based curricula as our agency takes a “whole girl” approach to youth development to empower girls to expand their sense of what is possible.

**How Girls Inc. Fitness program is meeting girls’ needs:**

Only 33% of girls in Alameda County pass the California Public School physical fitness test. African American and Latino girls in our area have higher rates of obesity, less access to healthy foods and higher rates of asthma hospitalization than their white and Asian peers; 62% of Girls Inc. participants are Latina and/or African American. Girls in fitness programming are challenged and equipped with knowledge to make decision around fitness and health eating into adulthood.

Specific to Bodies in Motion, girls most at-risk of developing serious health issues are invited to participate in this program. They are referred to the program by a physician because they display the following risk factors: a pre-exposure to adult disease, significant issues with weight, and a primarily sedentary lifestyle.



Girls Incorporated®  
of Alameda County

Inspiring all girls to be  
strong, smart, and bold<sup>SM</sup>

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**Impact of Fitness program:**

The objectives of the Fitness program are:

- 75% of Bodies in Motion participants will show an increase in cardiovascular endurance.
- 75% of Bodies in Motion participants will increase their positive body image.
- 70% of Impact Academy participants will be exposed to two new sports/fitness activities and the same portion will be able to identify exercise as a method for stress relief.

**How to join the Fitness program:**

For more information on the Fitness program contact the Fitness Coordinator at  
(510) 357.5515 ext. 236.



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