

Watch Out World! (WOW!):

Empowering girls to be strong, smart, and bold about health and wellness!

WOW! (grades 4 & 5), is a two-year afterschool enrichment program that helps more than 100 girls and their families grow and develop to their full potential through health and fitness education, nutrition, STEM (science, technology, engineering, and math), and familial engagement.

Why girls need Watch out World!:

Latino and African American children are at greater risk of being obese in comparison to their white counterparts (US Department of Health and Human Services, 2011). WOW! provides a safe environment where underserved girls can explore alternatives to existing behaviors that promote poor nutrition and health. Healthy relationships and positive body image are the top two predictors of self-esteem (Kearney Cooke, 2008), and WOW! caters to the impending physical and emotional changes of girls by giving them the necessary tools to transition into healthy, self confident women.



Expected Outcomes :

- Participants will build interest in and engage in more physical activity.
- Girls will have increased knowledge of healthy behaviors.
- Participants will have greater access to and will be more likely to choose fresh fruits/vegetables.
- WOW! will provide 6 health-focused family events and/or workshops serving 20 unduplicated families.

Program Highlights

When and Where: WOW! is held at elementary school sites within Alameda County five days a week, Monday—Friday, during the academic year.

Program Components: WOW! incorporates the following key components into its framework. They include:

- **Growth & development (Grown n' Savvy)**, providing insight on mental, biological, emotional, & physical changes that occur during preadolescence.
- **Sports & Fitness (TEAM)** fostering the development of gross motor skills, positive competitor attitude, development of athlete identity, and improving physical health.
- **Nutrition (Hyped on Health - H2)**, presenting tools to make health conscious food selections, maintain health, and prepare healthy food.
- **S.M.A.R.T** (Science, Math, and Relevant Technology), strives to spark participants interest in science, math and technology by way of incorporating thought provoking subjects such as food science, game theory, engineering, and architecture.



**girls
inc.®**

**Girls Incorporated®
of Alameda County**

Locations offered:

Wilson Elementary School, Think College Now, International Community School, Community United Elementary School, Parker Elementary School & Millsmont Elementary School.

Inspiring all girls to be strong, smart, and boldSM

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