

Girls on the Run

At Central Elementary, we are proud to offer **Girls on the Run**, a dynamic **after-school program** that inspires girls to be joyful, healthy, and confident. This nationally recognized program typically begins in **March**. It runs for **10 weeks**, combining physical activity with a research-based curriculum designed to support the **emotional, social, mental, and physical development** of each participant.

Throughout the program, girls participate in lessons that foster **self-esteem, resilience, teamwork, and goal-setting**—all while staying active and developing healthy habits. Physical activity is integrated into every session, helping girls build strength and endurance while learning to appreciate the importance of fitness and wellness.

The program culminates in an exciting and **celebratory 5K event**, where each girl crosses the finish line with pride and confidence. This non-competitive run serves as a **powerful symbol of accomplishment**, reminding each participant that **with determination and support, anything is possible**.

Girls on the Run at Central Elementary is more than just a running program—it's an empowering journey of growth, leadership, and self-discovery.



(Link the graphic to the Girls on the Run website)