

WOMEN'S  
SPORTS  
FOUNDATION

Go Girl Go!

Go Girl Go!

guide to life

# The Official Scoop on the Women's Sports Foundation

## About the Women's Sports Foundation

The Women's Sports Foundation—the leading authority on the participation of women and girls in sports—advocates for equality, educates the public, conducts research, and offers grants to promote sports and physical activity for girls and women. Founded by Billie Jean King in 1974, the Women's Sports Foundation builds on her legacy as a champion athlete, advocate of social justice, and agent of change. We strive for gender equity and fight discrimination in all aspects of athletics. Our work shapes public attitude about women's sports and athletes, builds capacities for organizations that get girls active, provides equal opportunities for girls and women, and supports physically and emotionally healthy lifestyles. The Women's Sports Foundation is recognized worldwide for its leadership, vision, strength, expertise, and influence.

## Thanks to...

These materials were written by Andrea Kamins and Mary Rice-Boothe of Development Without Limits. Some of these materials were adapted from previous editions of the GoGirlGo! curriculum written by Doreen Greenberg, Ph.D., Sarah Murray, and Journey Gunderson and edited by Deana Monahan. Illustrations were created by Graham Smith at [www.artmasters.tv](http://www.artmasters.tv). Design by Kirsten Heincke at [www.khcreativeinc.com](http://www.khcreativeinc.com).

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# body image



Cheryl Haworth

# Cheryl Haworth

Weightlifting – Three-time Olympian, Olympic bronze medalist, 11-time National champion  
Savannah College of Art and Design - B.F.A., Historic Preservation, 2006

## Size Wise



I am sure that I became aware of my body image in about second grade. The message I got from most people was that I was different. I was physically bigger, and my clothes were bigger. The kids would call me dumb names—all having to do with being chubby.

It didn't really bother me, though, because I soon found out that there was nothing I couldn't do because of my size. I could run fast and throw far and play and have fun. In fact, I was a lot stronger and more athletic than most of the kids. I was always playing sports.

My parents taught us to love sports. My dad was a wrestler and big-time college football player, and my mom played softball and basketball. We used to go to her games as kids. It was only natural that I played sports. And I loved the outdoors. I don't remember ever coming home from school and sitting in front of the television. I would ride my bike, play in the woods, or go to a softball or basketball game.

In middle school, I quickly learned to make friends with the people who did not care about what you looked like or what clothes you wore. I thought that it was really sad to see the girls who were overly concerned about losing weight. They were so caught up in an unhealthy body image.

A good sense of humor was a lifesaver for me. I loved to laugh. I found kids who became my true friends. We would laugh together and talk about real things, and they would listen. We had common interests. We wrote funny stories together and drew funny pictures. We even developed our own comic book characters. My true friends helped me to explore my creative talents and supported me as an athlete.

I was already 190 pounds in seventh grade. I realized that I had an athletic gift, so I continued to exercise. I went to the gym. There I saw women lifting weights, and I thought, "I can do that!" So every day after school I went to the gym. The coaches would encourage me. The other weightlifters became my friends. They saw me in a different way. At school I would hear, "You're so big!" At the gym I would hear, "You're so strong!"

I started to use my strength to compete, and I became a famous athlete at school. I got to travel around the world and meet amazing people. And then, at 17, I was lucky enough to qualify for the first Olympic Games that had women's weightlifting.

## Educational Materials:

### Deal With It!

- Take time to appreciate what your body can do—it jumps, it runs, it dances, it shimmies—it's great!
- Escape the screen! Turn off the computer or TV, get outside, breathe fresh air, and move your body.
- Use sports and fitness as social time—take a hike or go inline skating with your friends.
- Celebrate different body shapes and sizes. Notice the strengths of people's unique bodies—including your own!

## Resources:

Check out these sites for tools and tips on developing a positive body image.

[www.adiosbarbie.com](http://www.adiosbarbie.com)

[www.bodypositive.com](http://www.bodypositive.com)

[www.about-face.org](http://www.about-face.org)

<http://fairshotproject.net/>

Resources to help girls get media savvy!

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

## Healthy Snack Suggestion:

Cheryl Haworth's favorite healthy snack is toasted pumpkin seeds.

## Quote of the Day:

I get a positive sense of well-being and a tremendous feeling of exhilaration from what I can do with my body.

– Michele Drole, Skiing



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journal

This is your journal, idea book, and inspiration source all in one. The best part is...you're the author! **It's all about you**—your feelings, your friends, and your life. A journal is a great place to get out all your thoughts and feelings, even the tough stuff. **Writing it down is a great way to deal with life** when times are tough or to celebrate when things are going great!

**You can make this book whatever you want it to be.** We've included some suggestions and activities, but the rest is up to you. **So flip through, get involved, and have fun!**

# my stats

Name\*

Age

Height

School/Organization

Favorite Activities/Sports

My Favorite Female Athlete

Favorite Women's Sports Team

Song that gets me excited to get moving or play sports

\* You can use a fake name if you want to keep this journal EXTRA private

# everything counts!

Moving your body every day is one of the most important things you can do to keep yourself fit and healthy. Playing hard or exercising for a total of 60 minutes per day is a goal every girl should aim for. But you don't have to do it all at once! Get moving for as little as 10 minutes at a time and you'll reach that goal before you know it!

**Everything counts when it comes to moving your body! Here are some suggestions for how to get moving, but add your own, too.**

- >> When watching your favorite TV show, do sit-ups or jumping jacks during commercial breaks.
- >> After dinner, take a walk around the block with your family.
- >> Dance around your room to three of your favorite songs back-to-back.
- >> Help out around the house by sweeping or mopping the floor.

What other things could you do?

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## What's a goal?

It's anything that you really want and strive for—a winning season, an “A” on a test, or something you’d like to achieve in your life. Take a minute to think about what’s REALLY important to you.

What are YOUR big life goals? Try to think of at least five and write them down here:

|         |         |
|---------|---------|
| 1 _____ | 4 _____ |
| 2 _____ | 5 _____ |
| 3 _____ |         |

Circle your MOST IMPORTANT goal.

Now, write down one thing you can do this WEEK to help you achieve this goal. (Remember, it can be something very small!)

\_\_\_\_\_

What's something else you can do this MONTH to help you achieve this goal? \_\_\_\_\_

\_\_\_\_\_

What's something else you can do this YEAR to help you achieve this goal? \_\_\_\_\_

\_\_\_\_\_

What are your goals for getting or staying physically active? Write down as many as you can think of! \_\_\_\_\_

\_\_\_\_\_

# got a minute?

Pick one of the challenges from the list below and see how many you can do in one minute. When you finish, write down the date and how many you did. Try to do this once a day and you'll see how much stronger you get over the weeks and months.

## Challenges:

**Human Chairs:** Start standing tall. Squat toward the ground until thighs are parallel to the floor and return.

**Bent-Knee Sit-Up:** Start on the floor with knees bent. Tighten abdomen and then sit up toward knees and return. Arms can go on the chest or behind the head, but do not pull the head up.

**Tuck Jumps:** Start standing tall. Jump up and tuck feet and knees up, then return with a soft landing.

**Airplanes:** Start standing tall. Extend arms out to the side and spin them in small circles, clockwise and then counterclockwise.

**Push-Ups:** Start in a plank position on toes and hands (or knees and hands if balancing on their toes is too difficult). Lower body slowly toward the ground and return to the top. Keep the body straight.

**Supermans:** Lay flat on your stomach. Lift arms and legs up off the floor at the same time and hold, and then return them to the floor.

**Chair Dips:** Start with hands on a stable chair and with the body straight. Lower the body slowly down and then up to work the back of the arms.

**Mountain Climbers:** Start in the same position as a push-up. Bring one leg up under the chest and then back. The other leg does the same motion, similar to running but with hands on the ground. Keep the body straight.



|             | Human Chairs | Bent-Knee Sit-Up | Tuck Jumps | Airplanes | Push-Ups | Supermans | Chair Dips | Mountain Climbers |
|-------------|--------------|------------------|------------|-----------|----------|-----------|------------|-------------------|
| Date / Reps |              |                  |            |           |          |           |            |                   |
| Date / Reps |              |                  |            |           |          |           |            |                   |
| Date / Reps |              |                  |            |           |          |           |            |                   |
| Date / Reps |              |                  |            |           |          |           |            |                   |
| Date / Reps |              |                  |            |           |          |           |            |                   |
| Date / Reps |              |                  |            |           |          |           |            |                   |
| Date / Reps |              |                  |            |           |          |           |            |                   |

challenge yourself!

# activity log!

It's important to move your body each and every day. Remember, a good goal is to get moving for a total of 60 minutes each day, but **everything counts!** That means you can play hard or exercise in shorter bursts a few times throughout the day and you'll reach that goal easily while having FUN!

You can measure your heart rate to tell how hard your body is working based on the number of times your heart beats. Use this chart to help you.

## Fit Meter

A quick way to measure how hard you're playing. Take your **heart rate** by finding your pulse on your wrist right after you're done with your workout. Count how many times your heart beats in 10 seconds.



**LESS THAN 20 = LIGHT ACTIVITY** good for days when you're tired—you can do this forever!

**20–26 = MEDIUM ACTIVITY** good for your heart and lungs. Try to do activities like this that add up to 60 minutes every day.

**26 OR MORE = HEAVY-DUTY ACTIVITY** good for your muscles—you're breathing hard now!