Alex plays basketball

Go Girl Go!
be confident!

Find a friend (or a parent/guardian) and go for a walk around your block or walk around your home.

Bring a watch and see how many times you can walk around your block or home in 15 minutes!

www.WomensSportsFoundation.org
Rosa loves tennis

Go Girl Go!
2. moving your body is fun!

Make up a new game or sport, or play the one you made up with your GoGirlGo! group with some friends.

Try to do this at least once every day this week!

www.WomensSportsFoundation.org
Uni rides

Go Girl Go!
girls can play too!

Make up your own 20 minute routine that includes jumping, hopping, twisting, lunging, walking and running forwards and backwards.

Make up your own version of one of the sports you learned about during the session. Play it for 20-30 minutes with family members or friends!

www.WomensSportsFoundation.org