

Alex plays basketball ○

Go Girl Go!



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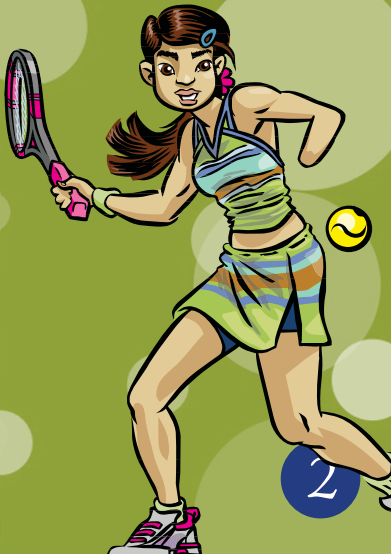
be confident!

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!

○ Go Girl Go!

Rosa loves tennis



2 moving your body is fun!

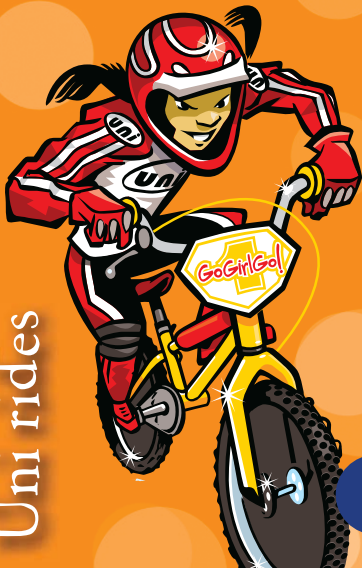
Make up a new game or sport, or play the one you made up with your GoGirlGo! group with some friends.

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

www.WomensSportsFoundation.org



Go Girl Go!



Uni rides

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3 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!

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