



girls
inc.

MIND+BODY

Girls Inc. Mind+Body supports and promotes the whole health of girls ages 6 to 18, using a philosophy which recognizes that many factors, including physical and mental wellness, contribute to girls' health. Consequently, the Initiative focuses on four critical content areas:



Physical Activity

Every girl can find a type of physical activity that she not only enjoys, but that also accommodates her lifestyle, culture, and schedule.



Body Image

Girls of all shapes, sizes, weights, and capabilities have the right to feel good about their bodies and appreciate the bodies of others.



Nutrition

It is possible for girls to identify a strategy for healthy eating that works for her body, circumstance, budget, home life, culture, and activity level.



Stress Management

It is important for girls to understand that stress is a normal and acceptable part of life, and that handling stress in a healthy way is a key factor in having a strong and healthy body and mind

PROGRAMMING THAT FOCUSES ON THE WHOLE GIRL!