

Empowering Girls with a Healthy Start...

Get Excited, Get Fit!



SUBWAY
School Challenge

The school with the highest percentage of girls participating will win a celebration party for the participating girls!

Red Deer PCN



Studies show that when girls exercise together with friends, they are more likely to stay physically active!

Young girls who exercise regularly report having increased self-esteem and decreased anxiety!

Save The Date!

Saturday, May 12, 2018
LTCHS Track & McKenzie Trails

Start a School Run Club!

- Recruit Staff/Parents to volunteer as leaders
- Encourage students, friends & family to join
- Make the 2018 Red Deer PCN Fun Run your FINISH line!



Run or Walk

- 10km, 5km, 3km or 1km
- 1km "Mom & Son"
- 500 m "Little Ladies"
- 100m "Diaper Dash"



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