



G.I.T. FIT is a faith based wellness program designed to promote physical, emotional, and spiritual fitness in girls.

- Girls meet once a week in an after school club for 1 ½ hours to run, talk, have Bible study, and prepare a healthy snack...*and have fun!*
- Using the ease into a 5K phone app, girls train to run in a local 5K in the fall and spring.
- The club is **free!** The only cost is for a **G.I.T. FIT** t-shirt and 5K entry fee, both are optional.

It's tough being a girl, especially in the early teen years. But it's also awesome being a girl!

G.I.T. FIT wants to help girls reach their full potential by embracing who God created them to be and equipping them with the tools to navigate through life's struggles.

Come join the fun and **G.I.T. FIT!** To find a club in your area, check out our website www.girlsintraining.org.

Safety/security:

Coaches must submit to a background check and be CPR certified.

To register or for more info contact Cindy at 404-680-9752 or cjanewatson@gmail.com.



Name _____ Grade _____ Birthdate _____ T-shirt size _____

Address _____ City _____ Zip _____

Parents Names _____

Phone _____ Email _____

School Name _____ Church Name _____

What is your goal for G.I.T. Fit? _____

Favorite Food _____ Favorite Pastime _____

How often do you exercise? _____ What activity _____