

G.I.T. FIT

Girls in Training ~1 Tim 4:8

PROMOTING PHYSICAL, EMOTIONAL AND SPIRITUAL FITNESS IN GIRLS

Join us for the first **EVER G.I.T. FIT**-girls in training 5K to be held Saturday, May 13th at 8:30 AM at New Hope Baptist Church in Fayetteville, GA. Proceeds from this event will benefit the ongoing **G.I.T. FIT** girls mentoring program that meets at local public schools in Fayette and Coweta Counties.

G.I.T. FIT ~ Girls In Training is a program of Impress Family Ministries and works to promote physical, emotional, and spiritual fitness in girls in 4th-8th grades. Girls meet once a week in an after school setting to run, make a healthy snack, and have a Bible devotion centered around issues girls face in their preteen years. We have a vision to help girls reach their full potential in life by embracing God's plan and purpose for them. Our Bible curriculum is based on **G.I.T. FIT'S** three foundations: 1. You were made in God's image-Genesis 1:27. 2. Focus on the truth of God's Word-John 17:17. 3. Follow the principle of balance and benefit-Matthew 6:33.

Over the last three years, we have been honored to partner with organizations like AV Pride, churches like New Hope and PTC First Baptist, and schools in Fayette and Coweta Counties to mentor over 100 girls. We were awarded a grant from the Upward Foundation for having a positive influence in our community and leading girls to Jesus through the sport of running. We would love to share more information with you about **G.I.T. FIT** and the many ways your support can make a difference in the lives of young girls in our community.

Please prayerfully consider how you may participate in this year's first **EVER 5K** event which is detailed in the folder. We pray God will multiply your gift and return it to you 100x again!

Sincerely,

Impress Family Ministries Board of Directors