

# The Chelsea Standard

## Girls prepare for 5K event

Girls on the Run is a fun and innovative recreation and self-esteem program for girls in the Chelsea, Dexter area.

Girls on the Run is an experimental learning program for 8- to 13-year-olds that combines lessons in self-empowerment, healthy decision-making and body image with warm-ups and workouts to train for completion of the For Women Only 5K (3.1 mile) run/walk in May.

A national program, Girls on the Run encourages emotional, social, mental and physical development. The group has spread to over 140 locations in the United States and Canada.

Girls on the Run combines physical training, with warm-ups, team-building activities and workouts that focus on specific life skills. Some of the life skills covered include how to get along within a group, how to assert oneself in a healthy manner, how to stop a gossip chain and how to combat the negative and unattainable images put forth by the media.

For additional information, visit the Web site [www.girlsontherunsemi.org](http://www.girlsontherunsemi.org).

Click here to return to story:

[http://www.chelseastandard.com/stories/031507/spo\\_20070315010.shtml](http://www.chelseastandard.com/stories/031507/spo_20070315010.shtml)