

Helping Girls Get **ACTIVE**

The UT Health Science Center at San Antonio (UTHSCSA) project began with Girl Scouts of Southwest Texas (GSSWT), using digital cameras, to explore west side neighborhoods and identify things that encourage or discourage physical activity. Their findings were then used to create new strategies for getting girls on the move!

In collaboration with GSSWT, UTHSCSA has developed the program—*Be Fit with Friends* (BFF), an after-school physical activity program for girls (ages 11-14).

This is where **YOU** come in—your help is needed to implement the BFF program within the community.

Time Frame: September 5-November 18, 2011

Volunteer Commitment:

- Become a registered Girl Scout
- Complete a Volunteer Application and Criminal Background Check
- Attend four-hour training (prior to program launch)
- Once-a-week program with girls at specified site for three-hours (approximate time: 3:00-6:00 p.m.)
- Sites will be located at middle school or local community center
- *Optional:* volunteer during Saturday BFF events

Benefits:

- “Booster Trainings” to provide hands-on training from UTHSCSA
- Program support from GSSWT staff
- Internship/volunteer hours in Community Engagement and Public Health
- Help girls make friends, develop new skills, and find new ways to be active and stay active for a lifetime!



For more information contact:

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