



Helping Girls Get **ACTIVE**

The UT Health Science Center project began with Girl Scouts, armed with cameras, hunting in West Side neighborhoods identifying things that help them to be physically active or discourage physical activity. What they found is being documented in photos and journals and their perspective will be used by researchers at the UT Health Science Center at San Antonio to create new strategies for getting girls on the move.

This is where you come in—your help is needed to implement the physical activity component, the intervention phase.

Time Frame: October 1, 2010 through September 30, 2011

Responsibilities:

(What is expected of you.)

- Attend additional training (approximately 10 hours)
- Deliver a clear and well-defined explanation to participants/parents
- Obtain completed consent forms from parents
- Conduct weekly meetings for a four-month period
- Recruit girls (minimum of 12 girls, ages 11-14, registered per troop)
- Deliver program
- Work with research staff to coordinate physical activity data collection

Benefits:

(What you will receive in return for meeting expectations.)

- *Stipend for you of \$500—\$250 to be paid upon agreement and \$250 upon conclusion of intervention*
- *\$400 for troop use (program supplies, transportation, mileage, etc.)*
- *\$12 membership fee paid for each girl recruited*
- *Program support from GSSWT staff*
- *Assistance with reserving troop meeting location*
- *Access to physically-active resources (Nintendo Wii; Dance, Dance Revolution game, recreation equipment, etc.)*

