



A nonprofit program for
4th, 5th, and 6th grade girls
Empowering girls through fitness,
reading good books and community
service

Fall 2019

Fit Girls in Review

During our 7th season in Fit Girls, our sessions surrounded four themes: Happiness, Healthy Choices, Love You and the Community Around Us.



Some of the wonderful books and materials we used included: Minnie McCleary Speaks Her Mind, Strong is the New Pretty, Annie's Life in Lists and The Girl Who Ran.

After, the girls finished their six weeks this spring and with some of the funds raised in their spring Read-a-thon, Fit Girls made a \$600 donation to the Maine Cancer Children's Program and participated in a benefit 5K run in Waterville in May.



A group of Sixth Grade Girls with a self-esteem activity

Onion Foundation Supports Summer Camp 2019

Fit Girls was super excited to be a recipient of an Onion Foundation grant which supported our **Run and Read into Summer Camp** in July 2019. The Onion Foundation's vision "supports organizations that empower people in their communities to live healthy vibrant lives". Fit Girls is very grateful for being selected as a recipient of this grant and used the funds to conduct their summer camp which theme revolved around author Kate Beasley's book, Gertie's Leap to Greatness. Thanks to the grant, a copy of the book was given to each girl. The generosity of so many has helped keep the summer camp at zero cost to the girls and their families which is part of the Fit Girl's mission.

The girls spent each morning: focusing on an activity surrounding the story which included creating a portfolio; playing energizing games; yoga and running; painting; a nature scavenger hunt; a group skit; and just like the after-school programs, building confidence and having fun with friends. The Fit Girls program is empowering girls through fitness, reading good books and community service. Thank you, Onion Foundation, for your kind and generous support!



Fit Girls is proud to partner with the Let's Go initiative through Franklin County Community Coalition. 5210 is a great program and Let's Go Maine provides our girls with thoughtful resources which are incorporated in our curriculum. This year Fit Girls received a Gold Star for their commitment to staying healthy and providing the girls and families with information about healthy choices.

Run and Read into Summer Camp has surprise visit from author Kate Beasley



Please, visit our website:
fitgirlsofwiltonmaine.org

Upcoming Spring 2020

Schedule Beginning

Spring 2020

For 4th and 5th grade girls:

Mondays- Cape Cod Hill 3/30

Tuesdays – Academy Hill 3/31

Thursdays – Cascade Brook 4/2

(6th grade girls meet Thursdays after school at Cascade Brook)

Sign-ups for spring Fit Girls at our website. Watch for Fit Girls flyers in late-February.



*Volunteer, Katie Perry, shares her time with our girls. She and all our volunteers make our girls feel important. **Our Fit Girl Volunteers Rock!***

Fit Girls and Spandits Partner

Fit Girls and Spandits!® partner to share their enthusiasm for young girls and women to be the best they can be. The business philosophy at Spandits!® aligns with the message that is shared at Fit Girls in each running session: To do your personal best. Thank you Spandits!



Happy Fit Girls proudly wearing their Spandits headbands

Fit Girls Participate in Waterville Elks 5K to benefit Maine Children's Cancer Program (MCCP)

*“Fit Girls was so beneficial because it gave me courage to try new things.”
a former Fit Girl*



Our Volunteer Coaches are the best. Thank you: Tina Davis, Catherine Dennis, Ali Butler, Adele Hardy, Merrily Welch, Marcia Parker, Tiffany Baker and a special shout out to Katie Perry and Patti Murray who recently retired from teaching. Also, Chelsea Seabold and Kamryn Joyce who, as high school students and former Fit Girls, helped with our summer camp. These women share their gifts with our girls.

Fit Girls of Wilton Maine encourages girls to aspire to their potential. Reading and running go hand-in-hand, both opening doors for girls to have healthy bodies and healthy minds.

Our Board of Directors supports the Fit Girls of Wilton Maine mission and believes that every girl has the opportunity for growth in friendship and self-esteem.

To Donate:

We welcome donations and you may do so online on our website: www.fitgirlsofwiltonmaine.org or by making a check payable to Fit Girls and sending to:

PO Box 493 Wilton, Maine 04294

Fit Girls of Wilton, Maine is a Maine non-profit corporation and qualifies as a tax-exempt organization under Internal Revenue Code Section 501 (c)(3).

Please visit our website for updates, happenings and family resources:

www.fitgirlsofwiltonmaine.org