

Girls Healthy Living Week 2011



In April 2011 over 3,500 girls participated in over 110 free active healthy lifestyle school and community events.

A wide variety of events included: Yoga, self defense, swimming, taste-testing, field hockey, smoothies, Zumba, Dove Beauty presentations, golf, dance, cycling, weight lifting, soccer and healthy cooking.



Girls Healthy Living Week celebrates and highlights for young females the importance of being active and taking charge of their own long-term health.

