

Go Girl Go program promotes exercise

Story by Fiona Green; picture from Movin' Pictures



Noticeable at the start of one of the recent Ricky Cox evening races in Fort Worth was a group of young girls wearing matching pink T-shirts.

They were excited to be participating in their first 5K race, the culmination of a fitness program run by Nicole Crowdis and Brooke McDowell Hatcher, children's sports instructors at the Fort Worth Northwest YMCA.

The program, entitled 'Go Girl Go', was designed to encourage young girls from Grades 3-12 to get active in sports and gave them a basic introduction to running, agility and weight training. Before starting the program, many of the girls had not been physically active at all, so finishing the race was a huge accomplishment.

Of course, some found it tougher than others, which was hardly surprising considering the temperature was in the high 90s! For Brooke, one of the highlights of the event was having a mother tell her that she was her hero because she had never expected her daughter to be able to complete the race. Perhaps even more rewarding was the fact that some of the girls enjoyed the experience so much that they are keen to continue running and staying in shape. Go girls go!