



Supporting Healthy School
Communities in Alberta



News Release

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New 'Girls Only' Run Program Aims to Get More Girls Active

On Thursday, the Alberta Medical Association (AMA) and Ever Active Schools (EAS) celebrated the launch of [GO! Run](#) – a free, fun and flexible 'girls only' running program that hopes to increase girls' participation in physical activity. The program helps girls focus on age appropriate skill development while building confidence and self-esteem in a supportive and inclusive environment.

During Thursday's kick-off event at Delton School, local physician Dr. Dianne Brox spoke about the value of this collaboration between AMA and EAS and the importance of Alberta doctors connecting with school communities to promote active living. Following the talk, approximately 50 GO! Run girls from Delton and Lauderdale schools participated in a fun run to celebrate the new program.

"Research shows that if girls aren't active by age ten, there's only a ten per cent chance they'll still be active at age 25." said Katie Mahon, provincial projects coordinator with Ever Active Schools. "GO! Run is a way to create space for girls to develop the skills and confidence they need to be successful in sport and physical activity now and throughout their lives."

A partnership of the [Alberta Medical Association](#) and [Ever Active Schools](#), GO! Run is designed to work in tandem with the AMA Youth Run Club – a free, school-based running program designed to get children and youth active. Currently, there are 455 AMA Youth Run Clubs across Alberta, engaging students from K-12. The Alberta Medical Association and Ever Active Schools provide schools with the necessary support, training and resources needed to create and maintain a successful run club.

Ever Active Schools is a provincial initiative that promotes and supports healthy, active school communities. Funding is provided by the Government of Alberta through the ministries of Culture and Tourism, Education and Health.

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