



# Heart & Sole **is for** **EVERY** *girl*!

**Heart & Sole is an afterschool program like no other designed for middle school girls!**

Twice per week for 8 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead girls through interactive lessons and movement activities. The season ends with a celebratory 5K event on June 4th!



## *Why it matters* **It's fun. It's effective.**

Participating in Heart & Sole transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.



Girls who were the least active at the start of the program increased their physical activity by more than 40%\*



97% of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions\*

\*Results based on a independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

Season Dates: Week of April 10<sup>th</sup>-June 4<sup>th</sup>  
GOTR 5k: June 4<sup>th</sup> at UB North

Practice Location: School Track

Grades: 5-8

Practice days & times: Tues & Thurs from 2:37pm to 4:30 pm

Coach contact: Julie Russo and Laura Schmidt

Cost: This program is covered by Girls on the Run

**(SPACE IS LIMITED TO 10 PARTICIPANTS!)**

Registration details: **Please return paper registration to Julie Russo or Laura Schmidt BY MARCH 24, 2023**

Questions? Email [jrusso@tonacsd.org](mailto:jrusso@tonacsd.org) or [lschmidt@tonacsd.org](mailto:lschmidt@tonacsd.org)

For more info visit [www.gotrbuffalo.org](http://www.gotrbuffalo.org)