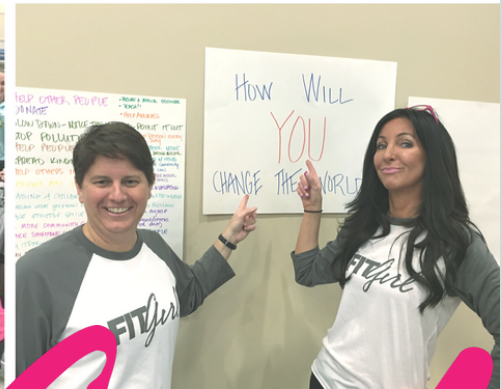


THANK YOU TO OUR COMMUNITY PARTNERS!



ATHLETA



**FIT** *Girl* INC.

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WWW.FITGIRLINC.COM

Forming Incredible Teen Girls  
by Influencing Relationships and Lifestyles.

# FORMING INCREDIBLE TEEN GIRLS by INFLUENCING RELATIONSHIPS AND LIFESTYLES.



In June 2015, FITGirl, Inc. Founder & Executive Director, Cheri Dickmeyer, felt the local community was in need of a summer camp that focused on both fitness and empowerment for teen girls. Through personal experience with two teen daughters of her own, Cheri wanted to develop a program that would help middle school and high school girls manage anxiety, deflect bullying, and improve body image and self esteem while promoting the importance of fitness, nutrition and relationships.

Going into its third year, FITGirl, Inc. is now a 501(c)3 non-profit organization whose mission is to empower young girls as they develop and mature by demonstrating positive lifestyle choices; physical, mental, relational and nutritional.

FITGirl, Inc. offers young girls, ages 8-14 years, an opportunity to work with a fitness professionals and empowerment mentors to improve their ability to develop a positive attitude towards fitness & nutrition, body image, relationships and self-esteem. **The long-term goal of FITGirl, Inc. is to empower the young person to proactively seek out positive relationships, empower them to celebrate their own uniqueness and continue to see exercise as a lifestyle that will enhance their lives into adulthood.**

**The mission of FITGirl, Inc. is to empower young girls as they develop and mature by demonstrating positive lifestyle choices; physical, mental, relational and nutritional.**

We do this through camp style programs with coaches and mentors who instill confidence and courage with educational and physical fitness activities.

**FITGirl, Inc. Has Four Modules:**

- Relational:** Creating better relationships with others and conflict resolution.
- Nutritional:** Guidance and tools promoting healthy food choices.
- Physical:** Promoting exercise by providing various diverse activities many girls are unaware of or do not have the opportunity to try on their own.
- Mental:** Discovering oneself and finding inner strengths.

**These modules are incorporated into our programs offered throughout the year:**

**Empowerment Summer Camp:** Camp style program every summer that provides young girls an opportunity to explore various physical and mental activities they would not otherwise be exposed to through family or school. This includes fitness classes and empowerment workshops such as yoga, dance, self-defense, kayaking, paddle board, hiking, horseback riding, archery, motivational and goal setting workshops and more.

**EMPOWERU - After School Program:** Providing workshops and classes every week during the school year to middle school students that enrich their understanding of nutrition, exercise, self confidence and relationships.

**Weekend Warriors:** Giving young girls an opportunity to explore the community, improve confidence and social skills, volunteer and create new friendships.

**FITFamily:** Encouraging parents to exercise with their children by providing low cost fitness and group activities that promote family togetherness and healthy lifestyles.



# Programs

## EMPOWERU

**Six Lessons of EMPOWERU**

1. Self Confidence. What does it mean and how can I become more confident?
2. Embracing Individuality. Accepting and loving who you are and finding/using your unique gifts.
3. Instilling Inner-Power. How do I find that? What do I do with it?
4. Confirmation and Validation.
5. Finding appropriate tribe members.
6. Conquering Fear and Anxiety.

**PROGRAM ACTIVITIES**

**BE TRUE TO YOU!**

Classroom style workshops FITGirl ambassadors facilitate that include group interaction, role playing, writing and sharing. The six modules are taught in a 6-week course.

**FOOD**

- Nutrition
- Cooking

**FITNESS**

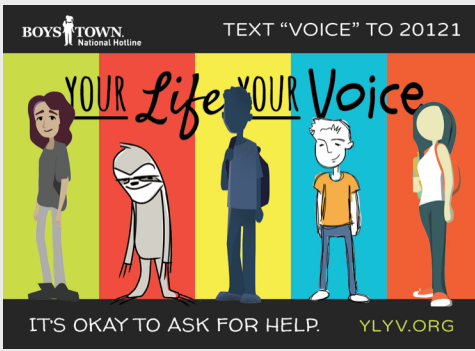
- Yoga
- Self Defense
- POUND Fitness
- Reiki
- Meditation
- Pilates
- Dance & Cheer
- Boxing

**FEAR & ANXIETY**

- Journaling
- Painting
- Goal Setting
- Rock Climbing
- Kayaking

**FRIENDSHIPS**

- Vision Boards
- Games
- Manners & Etiquette
- Social Media
- Body Image
- Bullying
- Suicide Awareness & Prevention



FITGirl, Inc. partners with the Boys Town National Hotline and YourLifeYourVoice.org to help increase awareness and provide additional resources for young girls needing assistance.

**EMPOWERMENT DIRECTOR MICHELLE HOMME CONSTANT CHANGE, LLC**

Michelle A. Homme is a published author and energetic speaker, bringing her personal experiences, life-oriented stories, and inspirational message to everyone she meets. She has a degree in Political Science and is married with three grown sons. In March of 2016, Michelle published her second book, "Live Inspired." Her third book is in the works to be published in the Fall of 2016. Michelle has also created two programs specifically dealing with at-risk youth and at-risk women.

**TESTIMONIAL**

Millard Central Middle School has found the FitGirl Inc. program to be an empowering experience for middle school girls. The girls involved learned basic friendship skills and worked on positive identity concepts. Our girls looked forward to going to the group weekly and ended up meeting new friends. Cheri Dickmeyer, and the other adults involved were all great role models for the girls. They were always prepared with a strong message and kept the girls moving with variety of different activities. We will definitely have them back to Central Middle School and will recommend this program to other middle schools. Julie Williams, School Counselor