



Fitness Facts

More Girls Ages 10-16 Join Fitness Challenge

(NAPSA)—To encourage young women across the country to be more physically active, a program developed by the United States Department of Health and Human Services (HHS), called 4Girls Health, www.4girls.gov, has formed a President's Challenge group.



Girls 10-16 are taking a step in the right direction and signing up for the President's Fitness Challenge through www.4girls.gov.

This is important, since girls' rates of physical activity participation consistently lack behind boys. President's Challenge is an online series of fitness programs designed to help improve anyone's fitness level.

Girls can join along with other girls in the group and log in their fitness activities. 4Girls.gov was developed by the U.S. Department of Health and Human Services' Office on Women's Health to give girls reliable, useful information about important health issues such as fitness and nutrition.

4Girls.gov hopes to encourage young girls to take an active role in their physical fitness by promoting healthy, positive behaviors in girls. To learn more, visit www.4girls.gov.