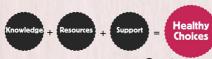


GIRLS ACTION FOUNDATION believes that providing information, tool girls will improve their physical and mental health



## Healthy Living is About Choice and Living in Healthy Ways

### BUT IT'S ALSO ABOUT THINGS LIKE

## **DID YOU KNOW?**



nendaernehaeldeta.

GIRLS BECOME LESS ACTIVE AS THEY GRO

000 6/10 girls ages 5-12 are NOT active enough.

IT'S 7/10.9 กกกกกกก

Girls DO need kno opportunities so the healthy dire

hat other girls are facing, can support each

## GIRLS ACTION FOUNDATION





# Knowledge + Resources + Support

## Healthy Choices

