Guardians & Participants of Bodies In Motion:

Thank you for your dedication to the Bodies In Motion Program. Rosie has developed an amazing program; and although she is no longer with Girls Inc., we will continue to carry out the vision for the program with hopes to empower girls with a "can-do" attitude that leads to overall health, well-being and a positive self-image. I would like to acknowledge that for many of you participants, YOUR BODY IS IN MOTION! As our bodies are under construction, ever changing and growing, so is the Bodies In Motion Program (B.I.M.). This letter is to inform you that there are new mandatory program requirements to ensure the vision of the program, is not compromised.

The Vision:

“To offer a supportive customized health and fitness program to girls ages 9-18 who are currently predisposed to developing serious health problems due to issues with weight and/or a primarily sedentary lifestyle.”

In accordance to the vision of B.I.M., some participants will be asked to participate in the On-Site Fitness Programs and NOT B.I.M. Due to limited space, restructuring of the participants is needed in order to make room in the program to meet specific needs of girls being referred by their physician and/or meets program requirement #1.

Invitations into the 2014-15 B.I.M. program will be sent out to current participant families who match the criteria for #1; and will be asked to RSVP with whether or not commitment to the schedule is possible. If you do not receive an invite into B.I.M. please know we encourage you to participate in the On-Site fitness Program which reinforces helping girls to become more physically active. The fitness program is still available to meet your desire to maintain an active lifestyle.

In the past, the program allowed for a lot of scheduling flexibility, but after review of the program, it is believed that by scheduling the participant for a minimum of (2) non-consecutive days, i.e. Monday/Wednesday OR Tuesday/Thursday, will maximize the opportunity of the Vision being met more effectively. I apologize for any inconvenience this may cause; and it is understood that due to these new schedule requirements, it may affect who will be able to continue the program.

The dynamics of the program is changing slightly by incorporating more critical thinking activities along with the fitness component. With the incorporation of more critical thinking activities, the program is aspiring to help the participant structure their life to decrease temptation and combat the type of thinking that leads to giving up. The critical thinking component will focus on increasing girls’ self-esteem, confidence, and positive body image. B.I.M. is aiming to not only be a place girls can come to work out, but a place to get healthy living lifestyle tools and strategies to maintain the progress made.

If you have any questions regarding the change in the program, please do not hesitate to give me a call, and I would be glad to assist you where I am able.

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