

Did you know that California Public Schools have cut funding for PE teachers? 15-20% of children in California are obese and another 15% are overweight according to the center for disease control, and yet many do not have opportunities to change this. 74% of children between ages 5 and 10 are not getting enough exercise daily and only 1 in 4 teens are. Exercise is not just about physical health, but mental health and development as well. Exercising regularly increases production of Brain Derived Growth Factor and significantly improves cognition, decreases stress and anxiety, improves self-esteem and decreases depression.

This is why CatzSOLE was formed. Catz SOLE is a nonprofit organization whose mission is to build healthy and confident youth through physical activity. Our objective is to train teachers and give them tools for continued support in order to keep physical education going even after we leave their school. After working as a hands on coach for Catz SOLE this fall I came to realize that even with a program like this in place children are still not getting all of the exercise they need just from PE. And most of the kids do not have parents who have time or funds to enroll them in after school athletics. This got me thinking. What if there was an online data base with series of 10 minute exercise videos that parents could do with their kids and a step by step book that explained to the parents what skills their kids needed to learn for every age. Especially in this age of technology and social media kids are constantly bombarded with images of “normal body types” and that exercise is all about looking thin. These programs would emphasize strength and confidence in a world where 42% of 1st through 3rd grade girls wish they were thinner and 81% of ten year old girls are afraid of being fat. Young girls are also increasingly being shown that women should be fragile and vulnerable, thus decreasing their confidence and willingness to play during PE or on the playground for fear of being judged.

This is where my organization Confident Girls on the Playground comes in. Parents can purchase a subscription for the online videos and a step by step guide, but I will also provide real life stories of girls in sports and empowering events where girls can come together and get moving. It is proven that girls who play sports do better in school, are more confident, are less likely to have unplanned pregnancies, and are less

likely to be depressed. If it only took ten minutes a day to boost your daughters confidence and prepare her to be a strong woman in the future, would you do it?