



## Help her grow.

**When girls play sports and get outdoors, or when they learn how to make healthy food choices, they begin to build confidence, become team players and discover their best selves. For many Girl Scouts, our programs are the first place they learn about the importance of physical activity and healthy eating.**

The Girl Scouts Leadership Center will enhance existing programming, furthering girls' development of lifelong healthy habits. Activities at the center will focus on play that builds strength, stamina, and balance.

Through community partnerships with organizations like YMCA of Columbia, amsa Yoga and the Richland County Master Gardener Program, the Leadership Center will feature an indoor exercise courtyard, a Healthy Living Kitchen, an indoor rappelling and climbing wall, and an outdoor green space with a garden and greenhouse.

The Healthy Living Kitchen, conceived in collaboration with Wholesome Tummies CAFÉ and USC Columbia's Cooking, will enrich girls' knowledge of foods and nutrients, help them practice cooking skills, and inspire a lifelong interest in the science of food.

The kitchen will feature a variety of areas where girls can work together to build recipes, experiment with food elements, and learn to use culinary tools. Their understanding of garden-to-table cuisine will come full circle at our outdoor garden and greenhouse, where they will nurture and grow plants, and then use those fruits and vegetables to make healthy meals.

In addition, girls will have easy access to kayaking, canoeing and hiking along the Congaree River, biking on the riverwalk, and visiting local recreation areas and green space nearby.

**>20%**

of SC youth are statistically obese, and our state has the second highest rate of childhood obesity in the nation.

**17%**

of SC children receive the President's *Council on Physical Fitness and Sports* recommended 60 minutes of exercise each day.

**<15%**

consume the recommended fruit and vegetables needed to maintain a healthy diet.