



CHICAGO'S GIRL-SERVING ORGANIZATIONS PARTNER TO "GIVE GIRLS GAME"

Present Fitness Festival for 1000 Girls 10-16 Before Sky Game on May 29

CHICAGO, May 23, 2008 – Six of the city's leading girl-serving organizations have worked together to organize *Give Girls Game*, a health and fitness festival designed to show girls 10-16 new ways they can get active, whether by playing a sport or dancing or jumping double-dutch. The festival will be held from 4-6 p.m. on May 29 at UIC's SEO Field, 750 S. Halsted. Over 1000 girls will ride buses from area schools to the event and the Sky game to follow.

Funding for *Give Girls Game* was provided through grants from the Chicago Public Schools, PepsiCo, Nike, GoGirlGo and the Chicago Sun-Times. Event organizers include the WNBA Chicago Sky's Sky Cares Foundation, Girls in the Game, Girls on the Run-Chicago, the Women's Sports Foundation's GoGirlGo! Chicago program, the Chicago Park District and the Mayor's Fitness Council. Nike is donating drawstring bags, shirts, visors and footwear for the girls. PepsiAmericas is donating bottles of Aquafina water and Clif Bar & Company is donating Clif Kid Organic Twisted Fruit Ropes.

According to the Sinai Urban Health Institute, 2 out of 3 children in Chicago's under-resourced neighborhoods are overweight or obese – more than the double the national average. In addition, fewer than one in four children get 20 minutes of vigorous activity every day, but they spend an average of nearly six hours each day in front of a television or computer. Research has proven that good habits in health and physical activity help girls build self-esteem and confidence:

- Girls who do 15 minutes of moderate physical activity a day reduce their risk of obesity by almost 50 percent
- Girls who play sports are less likely to do drugs and get pregnant, and they are more likely to get higher test scores and develop self-confidence
- A recent Oppenheimer Funds study found that 4 out of 5 executive business women played sports growing up

Having role models, mentors, educators and coaches who model and teach this behavior is a critical aspect of building these positive life habits. *Give Girls Game* is designed to bring together mentors and coaches with over 1000 girls from the Chicago Public Schools.. After the girls visit all the festival stations and earn their Give Girls Game t-shirt, they'll hear brief remarks by leading Chicago business women and then walk together to UIC Pavilion, where the girls will eat dinner and watch the Sky take on the Minnesota Lynx. The game will give the girls an unforgettable opportunity to witness first-hand the power and poise of professional female athletes and will provide a motivating message of what can be accomplished through dedication, determination and discipline.

Sergio Rojas, NBC-5's fitness expert and former strength and conditioning coach for the Sky, will emcee the *Give Girls Game* fitness festival. AthletiCo, which provides trainers and rehab services for the Sky, will do warm-ups with the girls. Athletes from the women's teams at DePaul and UIC will be assisting at the event. There will be 15 different activities for the girls to experience:

- Hip-hop dance, presented by Girls in the Game
- Double-dutch jump rope, presented by Girls in the Game
- Boxing, presented by Southside Boxing

- Latin dance, presented by Chicago Park District
- Cardio kickboxing, presented by Chicago Park District
- Tackle football, presented by Chicago Force
- Underwater hockey, presented by Chicago Underwater Hockey
- Baseball, presented by Play for Life International
- Softball, presented by Play for Life International
- Rowing, presented by Chicago Training Center Rowing Athlete Program
- Dance, presented by Overton Inspirational Dance Team
- Martial arts, presented by Warrior Angels Martial Arts
- Lacrosse, presented by Northwestern University Lacrosse
- Track, presented by Robert Morris College Track
- Running and nutrition, presented by Girls on the Run-Chicago

The Sky is one of seven independently-owned teams in the WNBA, the world's longest-running women's professional sports league. Tip-off for the Sky v. Minnesota Lynx game is 7 p.m. at UIC Pavilion. For more information and to purchase tickets to the game, visit www.chicagosky.net.

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