



The "Go Girls! Healthy Bodies, Healthy Minds" program is designed to provide girls aged 12-14 with information to help them make informed choices about healthy active living and support them in dealing with the emotional, social, and cultural issues they may face. In addition, the program provides girls with the tools they need to implement this healthier and happier lifestyle.

Go Girls was it started in 2001 by Ophea (Ontario Physical and Health Education Association). In 2004, Ophea partnered with Big Brothers Big Sisters in Ontario to deliver the Go Girls! program in nine communities. In 2006, BBBSC acquired the program nationally

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