Boone Memorial Hospital's Community Task Force, All About Health Partners with Girl Scouts to offer Nationally recognized Fit's Inn Program

Nearly 50 girls from the Boone County area ranging from grades 2-5 participated in the *'Fit's Inn'* (Be a Fitness Star) program held on Saturday, March 10th, 2012 at the Danville Community Center. '*Fit's Inn'* is a unique program designed by the Girl Scouts which provides a fun, easy-to-use approach to fitness with lots of activities for girls to choose from. It is designed as a fun and healthy getaway—*just for girls*. This national program encourages Girl Scouts to make smart choices about nutrition and fitness.

The Girl Scouts approached (AAH) All About Health, *Boone Memorial Hospital Working for a Healthy Community,* to coordinate a *'Fit's Inn'*
Program, similar to the National design and offer it not only to current Girl Scouts but any girl in grades 2-5 interested in learning more about nutrition and fitness.

"The event was also used as a recruiting tool to get more girls to join Scouts," said Cathy Schrader, Membership Development Coordinator of Girl Scouts of Black Diamond.
"We partnered with All About Health (AAH) because their mission is to provide health education to the local community, which is a perfect fit for this program,"
she added.

Verie[illegible] Troops participated in the day's activities. [illegible] program [illegible] http://www.bank.org/index.php/photos/category/60-girl-scouts-p