

01-May - **Dominique Dawes**

GoGirlGo!

Dear Friends in the Gymnastics Community,



As some of you know, I have recently begun my term as the president of the Women's Sports Foundation. For the next two years, I will work to promote the Foundation, its mission and its programs...with one program in particular being my reason for reaching out to you now. I think you're all in a position to be interested...and to help.

Last year, we launched GoGirlGo!, a campaign whose primary goal it is to get inactive girls moving. As we're so often hearing these days, physical activity can help reduce a girl's health risk for obesity, diabetes, heart disease, osteoporosis, breast cancer, depression, stress, anxiety and lack of self-esteem. But what about those girls who don't have access to opportunities? Who don't have the financial resources to get involved? Who don't have a support system encouraging them to get moving? The inherent risks of inactivity are pretty high stakes for these young women...ones that I'm not willing to accept.

So what am I asking you to do? It's very simple. Would you visit [www.gogirlgo.kintera.org](http://www.gogirlgo.kintera.org) and either pledge to personally get one inactive girl active (we'll show you how) or, if you don't have the time (or access to an inactive girl), make a small donation to sponsor an opportunity for an underserved girl to play. Or do both! And, also important, send this email on to the people in your email address book and ask them to join the campaign too!

The majority of you are committed to active (really active!) kids. Please join me in committing to the ones who aren't so lucky. If each of us does one small thing, we can make a difference. It's my personal goal to get my friends to help get 250 girls active by the NCAA Women's Championships on April 23rd.

Will you help?  
I hope so.

As ever, thank you for your support. Truly,

Dominique Dawes