Welcome to the movement!
2012: It started with two friends...
IT STARTED WITH TWO FRIENDS.

1 MILLION BY 2020

#GirlTrek
Quick Review

THE FACTS
THE HEALTH CRISIS FACING BLACK WOMEN

4 in 5
Black women are overweight.

1 in 2
Black women are obese.

1 in 2
Girls are at risk of diabetes.

Today, 82% of African-American women are overweight and 53% are morbidly obese - the highest rate of obesity of any group in America.

Black women are dying at alarming rates of preventable obesity-related diseases.

Heart disease alone kills 137 Black women per day - more than gun violence, smoking and HIV/AIDS combined.

This is a crisis.

A Preventable Crisis
The CDC predicts that half of African-American girls born in 2000 will develop Type II Diabetes unless diet and levels of activity change. We help mothers get active; they serve as healthy role models.

PROBLEM

Source: CDC, National Vital Statistics Report 2013; Obesity • BMI > 30
2 out of 3

Black women get no exercise everyday.
> gun violence, HIV/AIDS and smoking combined.
"Walking is the single most powerful thing a woman can do for her health."

- Heart Disease by 50%
- Diabetes by 58%
- Dementia by >50%
- Anxiety by 48%
- Depression by 47%

The Power of Walking
GirlTrek's Change Theory
THE TUBMAN DOCTRINE

1. SAVE YOUR OWN LIFE.
2. COME BACK FOR SISTERS.
3. RALLY YOUR ALLIES.
4. FIND JOY.
1. Rallying-Power
People know you, trust you and follow you.

"Strong people don't need strong leaders. Give them light and they will find the way!"

Ella Baker
2. **RADIANCE**

CHARISMA, AN INNER GLOW AND HEALTH THAT COMES FROM HARD WORK AND DEDICATION

FANNIE LOU HAMER

"I'M SICK AND TRIED OF BEING SICK AND TIRED."
“If you hear the dogs, keep going. If you see the torches in the woods, keep going. If there’s shouting after you, keep going. Don’t ever stop. Keep going.”

HARRIET TUBMAN
Warrior Week: 5 walks =
North Star Month: 20 walks =
Harriet's Hall of Fame: 100 walks =
The Ultimate Trek: 300 walks =
FOLLOW US FOR INSPIRATION

girltrek  Following  
1,632 posts  30.7k followers  2,198 following

GirlTrek We are the largest public health movement for Black women and girls. Take a walk. Join a movement. #GirlTrek #BlackGirlHealing
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#Summit21  #StressPr...  #RootsPic...  BLACK BI...  Roots 5k  Gospelfes...  #K&SCrui...
Join the Movement
At GirlTrek.Org
Thank you!

GirlTrek
Take a walk. Join a movement!