



Happy Girls Programme

Happy Bodies is looking for four Sponsors to join our Happy Girls Programme. We will be running this inspiring fitness project from October to December 2015. The programme can accommodate eight girls aged 14-16 years to run for the duration of twelve weeks. We will be looking to recruit girls from the local secondary school Elizabeth Woodville in Deanshanger.

The programme will start with a goal setting session where each person will be challenged with creating their own personal physical goal to work towards for the duration of the programme. Weekly sessions will include learning to use the gym equipment and exercises to help improve strength and endurance. Training session will be based around achieving these individual goals. They will also be able to try a range of activities that they would not normally try such a dance, yoga, spinning etc.

The aim of the programme is to empower and inspire confidence in all aspects of life not just fitness and wellbeing. To teach lifelong healthy habits that will encourage the girls towards real behaviour changes to stay strong, active and motivated about their bodies, health and aspirations.

To get the most out of this programme we are looking for local women leaders who want to be involved in helping to mentor these selected girls with their own inspirational stories of success. Sponsoring the program means that you will get to have an integral part of the development and skills that these young women will be working towards. We are looking for sponsorship of £100 per sponsor.

Please contact us if you are interested in becoming a sponsor in our programme. Let us know by September 25th via this e-mail address or by calling us on 01908 477066.

Sponsorship Includes

- Bio about your work life and leadership successes, what you have achieved in business and how, your motivation to start up in business, obstacles you overcame and your motivation to continue.
- Logo on our Happy Girls Programme t-shirts.
- Logo on our website page and social media mentions.
- Opportunity to mentor the girls through our private online platform. This will be used for all our communication and any ideas, news and info for the girls.
- The chance to help inspire the next generation of young aspirational women from your own success.

Contact us:

www.happybodies.co.uk

Jessica Willis or Laura Bowley

Marketing@happybodies.co.uk

01908 477066

Happy Bodies

Unit 2 Furtho Court

Towcester Road

Old Stratford

MK19 6AN