



Helix

A turnkey, accessible, and inclusive movement challenge for corporate engagement



CONNECTION

MOVEMENT

GIVING BACK

Helix



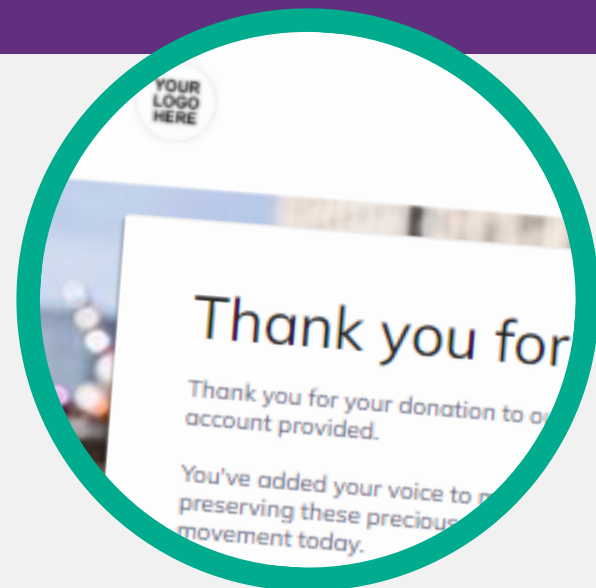
Connect. Move. Give.

At Girls on the Run, we believe connection and movement lead way to a stronger company culture, a belief in a shared mission, and a spirit of philanthropy. Connect together, Move forward, Give back.

Introducing Helix, a turnkey, inclusive and accessible movement challenge specifically designed to inspire and empower employees.

- ★ Customizable and co-branded to speak to your company's brand, Helix can be completed anywhere by anyone, igniting and connecting your organization.
- ★ Helix highlights strength in connectedness, the power of positive action and the value of living life in motion for your entire team, which are core fundamentals of Girls on the Run.
- ★ Includes everything to easily and effectively host a virtual event, complete with beautifully co-branded products, a registration website, and event waiver

Invest in the physical and mental health of all employees, and connect those working in the office and remotely, coast to coast and globally, with Helix. The best part? With Girls on the Run by your side, Helix is easy to implement! Our turnkey program continues to have remarkable success supporting national companies and brands by modifying Helix to meet their unique goals for employee engagement and wellness.



For an employee, participating in Helix is as easy as 1-2-3!

Helix

1

Register for Helix! Employees simply complete an online registration.

2

Get excited for Helix! Employees have access to a customized and co-branded virtual 5K Training Guide and Physical Activity Card to reference during the weeks leading up to your event!

3

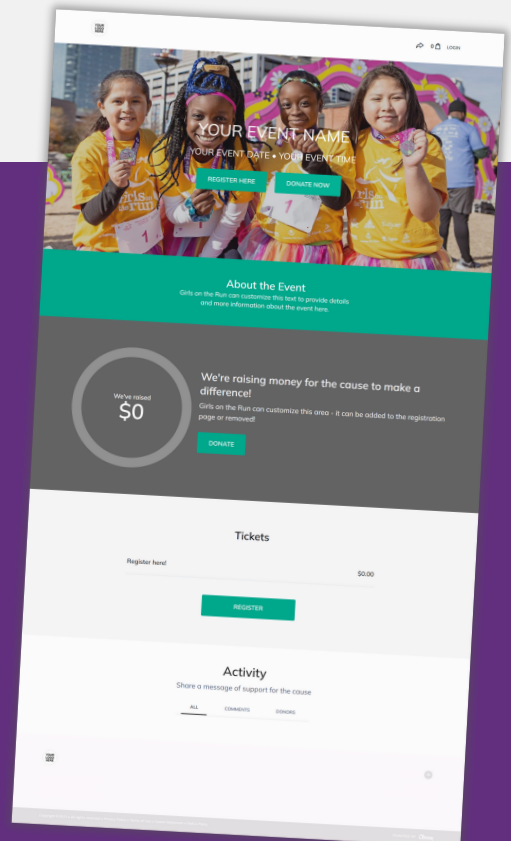
Participate in Helix! During the challenge period, employees move "together" in any way they wish! There are many options, from a 5K (completed at once or spread out throughout the challenge period) or activities on the Physical Activity Card.



CUSTOMIZED
BIB

EXCLUSIVE
ACTIVITY
CARD

CO-BRANDED
REGISTRATION
PAGE



Helix participant testimonials



"When you empower a girl to do great things the return on investment is priceless!"

RUTHIE

"I have two daughters and helping to ensure their world is anything they want it to be is incredibly important to me."

LOGAN



"I want to empower my daughters to set and conquer their fitness and health goals and have confidence in themselves."

KATHALINA

Company testimonials

"I participated for all of the young girls who think they are not enough. You are enough and plenty more!"

THIRTY-ONE GIFTS

"We have gotten amazing feedback from employees, and they have all loved participating in the 5K with their family members. "

HELIX COMPANY

Overview of Girls on the Run



Vision + Mission

Girls on the Run envisions a world where all girls can know and activate their limitless potential and be free to boldly pursue their dreams. The program inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum that creatively integrates movement.



Curriculum + Coaches

Leading experts in positive youth development create structured and dynamic lessons that use running and other physical activities to promote and support healthy outcomes for girls. The life skills curriculum is delivered by caring and competent coaches who are trained to teach lessons as intended.



Impact

An independent study found that 97% of participants learned critical life skills including managing emotions, resolving conflict, helping others, or making intentional decisions at Girls on the Run that they continue to use at home, at school and with their friends.



How does Helix support Girls on the Run?

Helix

Companies commit to donate a specific amount per participant. Or, can opt to offer a flat company donation. During the registration process, participants will also have the opportunity to donate, which can be matched by the company to double the support! Data will be provided to the company during and following the registration period.

Donations will benefit Girls on the Run International, who will use the funds to support the collective movement through the continued development of programs and resources to aid local councils and participants across the country, including to build back and grow program reach and accessibility, marketing to drive national participation and continued investments into the Girls on the Run council network.





Connect with Us!

With a proven track record of successful employee centric events, Girls on the Run is the perfect partner. We're excited to work with you to create something remarkable that speaks to your company's culture and brand and is aligned with your goals for meaningful employee engagement, fostering healthy work culture, and giving back for good.



To learn more about Helix, please reach out to partnerships@girlsontherun.org and start a conversation with us today!

Visit Girls on the Run



[girlsontherun.org](https://www.girlsontherun.org)

