



## **FreedomTrek**

FreedomTrek is a 14-day summer program, designed by GirlTrek, to prepare, inspire and empower high school girls to stand up as ambassadors of healthy living in low resource communities. The goal of FreedomTrek is to prevent disease through health and sex education, fitness and nutrition classes and a once-in-a-lifetime group fitness challenge - a 4-day backpacking trip along the actual Underground Railroad. Harriet Tubman teaches us that one girl can make a difference. In that spirit, we train girls to be leaders of healthy living. They work hard to develop healthy habits and think through strategies to transfer those habits and skills to their communities. FreedomTrek takes place on the beautiful Eastern Shore of Maryland, where the most illustrative story of a woman leading grassroots change provides context and inspiration.

### **Daily Schedule**

#### **7am Morning Meditation**

yoga class • meditation, prayer or reflection • goal setting

#### **Breakfast**

#### **8am Healthy Living Seminar A**

physiology • fitness • disease prevention

#### **9am Trek Preparation: Cardiovascular Training**

jogging • hiking • walking • dance • calisthenics • other transferable, low-cost aerobic activities

#### **Free Time**

#### **11am Healthy Living Seminar B**

nutrition • disease prevention

#### **12pm Healthy Living Practice: Cooking Class**

lunch preparation • portion control

#### **Lunch**

#### **2pm Healthy Living Exposure: Day Trips**

swimming • dance • kayaking • rock climbing • cycling • other exciting physical activities

#### **Free Time**

#### **4pm Healthy Living Seminar C**

sex education • disease prevention

#### **5pm Ambassador Workshop**

leadership training • service project planning • strategies to inspire healthy living at home

#### **6pm Evening Reflection**

journaling • goal reflection • share-outs

#### **Dinner**

#### **8pm Sisterhood Circles**

reading groups • makeup lessons • talent shows • movies • other fun electives

#### **10pm Restorative Sleep**