

Hello Parents,

Allow me to introduce myself, my name is Dr. Laura Bruno and I am an Assistant Professor with the Department of Health & Exercise Science at The College of New Jersey. I have studied the effects/benefits of community physical activity programs on those participants involved. I previously worked with Colleen Fossett and the Mullica Hill Women's Tri Club and am excited about the opportunity to work with Dina Strachan and the Girls on the GLOW program.

It is well known that physical inactivity plays a major role in overweight and obesity concerns: currently over 50% of children ages 2-19 years are classified as overweight, obese and/or severely obese ("Children facts section", para. 1). Participation in regular physical activity (PA) can help reduce premature disease and disability. Additional evidence suggests PA can enhance social and mental health. There are many benefits to having a positive self-esteem; research indicates that one's perception of PA and increased level of fitness relates directly to the development of self-esteem. Research further suggests there is a need for physical activity programs that are specific to pre-adolescent girls; as this is a critical time in the development of their self-esteem, and overall wellness. The GLOW program takes an innovative approach to increase physical activity for girls at a time when their psychosocial well-being is at stake, and does an exemplary job of building character and confidence through such.

During this upcoming spring season, myself and 2 research assistants, Danielle DeGraw and Marissa Hazel (who are excited to work with your daughters as coaches) have proposed a voluntary study to examine if (1) aerobic fitness and improved confidence (defined as self-esteem and overall wellness) occur as a result of participation in the Girls on the GLOW program, and (2) if parental perceptions offer an accurate measure of such confidence. This will benefit the GLOW program as it will identify the success of the program as it relates to positive changes/growth within the participants. This study will also help form an evaluative measure for the GLOW program going forward. Both of these are necessary when identifying program effectiveness.

I have outlined the description of procedures in the attached assent form. I would like to invite you along with your daughter(s) to a voluntary Q&A session on Wednesday, March 30th at 7pm in Clearview HS's LGI Room (directly across the hall from the main entrance) to better explain the details of this study as well as answer any questions you may have. I will also be available the morning of the first GLOW practice (April 2nd at 10am) to meet with you and answer questions. I can further arrange to meet with you individually if neither of the above dates/times work. You can contact me via email at: brunol@tcnj.edu and/or mobile (443)223-9454 or work (609)771-2195.

Please review the following information, and sign and return the parent permission form as well as the PAR-Q.

Thank you for your time & assistance,

Laura Bruno
Dr. Laura Bruno