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Girls on the Run of NOVA and Cigna Partner to Support Girls Across Northern Virginia

Girls on the Run of NOVA is thrilled to announce a new two-year partnership with Cigna Corporation. Cigna will serve as Presenting Sponsor for the Northern Virginia Girls on the Run 5K as well as a program sponsor for GOTR NOVA's expanding middle school programming; Heart & Sole. The partnership launched this spring and will continue through 2017.

The Girls on the Run 5K is the culminating achievement for local girls participating in the unique Girls on the Run youth development program. The Spring 2016 5K weekend hosted nearly 5,000 runners with girls from 121 Northern Virginia schools completing the 3.1-mile run alongside family and friends. As Presenting Sponsor, Cigna was on hand for both event days. Families were able to learn more about the new partnership, customize cheer signs provided by Cigna, and hear more about Cigna's work throughout Northern Virginia.

Heart & Sole is Girls on the Run's newly revamped program for middle school girls. The programming creates a positive, structured space for girls to learn about themselves, explore new ideas, cultivate empathy, strengthen connections and develop life skills that will help them as they move through adolescence and beyond. The Heart & Sole curriculum is rich with themes girls can relate to, addressing the whole girl—body, brain, heart, spirit and social connection—and building important life skills such as team building, developing a support system, boundary setting, decision making, and more.

As of today, only 1 in 4 girls in Northern Virginia have access to Girls on the Run. With support from committed partners like Cigna, Girls on the Run of NOVA can continue to increase access to high quality youth development programming throughout Northern Virginia. Last year, over \$158,000 worth of financial aid and program discounts were provided to families in our region.

With national support from Cigna, its employees, and the Cigna Foundation, Girls on the Run International is helping empower girls in 3rd through 8th grade with the skills and attitudes to live a healthy lifestyle during a critical time in their development. This early involvement increases the likelihood that those healthy lifestyles will continue into adulthood – helping young women stay healthy, and helping them shape the health of their families and communities, too. In 2014, the [Cigna Foundation announced its first World of Difference grant](#) to Girls on the Run International.

About Girls on the Run of Northern Virginia

Girls on the Run programming is available at schools throughout Northern Virginia. The Girls on the Run program is delivered over a 10-week season by trained volunteer coaches who guide and mentor pre-adolescent girls through a rich curriculum. With lessons on positive self-talk, healthy friendships, nutrition, and gratitude, Girls on the Run speaks to the challenges young girls face every day, and offers tools to meet them head on. For information on starting a team, registering for the program, volunteering, or donating, visit www.gotrnova.org

About Cigna

Cigna Corporation (NYSE: CI) is a global health service company dedicated to helping improve the health and well-being of individuals and families in communities around the world. All products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Connecticut General Life Insurance Company, Cigna Health and Life Insurance Company, Life Insurance Company of North America and Cigna Life Insurance Company of New York. Such products and services include an integrated suite of health services, such as medical, dental, behavioral health, pharmacy, vision, supplemental benefits, and other related products including group life, accident and disability insurance. Cigna has worked together with local companies, governments and health care professionals to offer programs and initiatives that promote a culture of well-being and encourage individuals, families and businesses to take an active role in health improvement. To learn more about Cigna®, including links to follow us on Facebook or Twitter, visit www.cigna.com.