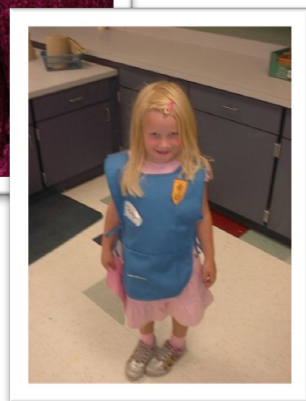




Paige Fallis

Lee's Summit, Missouri



Fit Kids

Paige Fallis has been a Girl Scout for ten years and is an individual Girl Scout in Service Unit 645. She is currently a junior at Blue Springs South High School.

Paige's Gold Award project combined her passion of nutrition and fitness with her love for teaching kids. She worked to put together an interactive program for young kids to help combat childhood obesity and encourage kids, in a fun way, to make healthy decisions early in life to set them up for a healthy adulthood.

Paige worked with We Care and Prime Time, two childhood developmental centers to present her Fit Kids workshop. She administered pre and post surveys to the participants and the results proved that her workshops had a positive impact on participants. Through her Gold Award project Paige has a better sense of self and feels empowered to use her voice.

Because of Girl Scouts, I learned valuable leadership skills that can help me throughout life and taught me the value of hard work. This project also got me out of my comfort zone, helped me gain more confidence and share with others what I am truly passionate about. Girl Scouts has taught me so much, and I'm forever thankful to be a part of such a great sisterhood.