

*****NEWS RELEASE*****

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American Heritage Girls promotes outdoor activities to encourage well-rounded, godly young women

'Involving girls wholly in nature and testing their skills with a variety of outdoor adventures is important to building strong, competent young women'

CINCINNATI, Ohio — [The American Psychological Association reported](#) that being outside in nature has both physical and psychological benefits. This is even more important for children. [Many researchers agree](#) that children who play outside are happier, better at paying attention and less anxious than kids who spend more time indoors. As [excessive screen time](#) grows more and more prevalent, many parents are seeing the value of making their children play outside.

American Heritage Girls (AHG, www.americanheritagegirls.org), one of the world's largest Christian scout-type organizations, has always promoted outdoor activities and learning since its inception in 1995. **AHG** is proud to encourage girls to get out in nature and experience God's wonder through His creation.

Patti Garibay, AHG founder and executive director, commented, "It can sometimes be challenging to see the goodness of God in our day-to-day lives. It is so important to remind girls that God is good all the time, and that all that is good comes from God alone. As our good and perfect heavenly Father, God wants us to turn to Him for answers, hope, and life."

AHG provides a balanced program, which progresses with the girl - increasing in challenge and skill as she grows in maturity and knowledge. AHG is committed to not rushing a girl through girlhood and allowing her the time to grow and learn who she is and whose she is in Christ.

"A core tenet of the American Heritage Girls Program is the outdoor experience," Garibay continued. "The sense of empowerment that girls get through outdoor activities is overwhelming. High adventure activity programming teaches girls that there are no limits on what they can achieve, despite the common narrative of female meekness. It also teaches girls that their abilities come from somewhere, or more specifically Someone greater than themselves.

"When girls immerse themselves in nature, God's creation, the reality of His almighty power and call for each human heart becomes clear. Involving girls wholly in nature and testing their skills with a variety of outdoor adventures that challenge and help them grow in confidence is important to building strong, competent young women. With the aid of such programming, God gifts girls with self-awareness and leadership qualities, allowing them to blossom in a healthy and encouraging environment. And, in the case of AHG, adding the Christ centered mentorship of our leaders and program enhances the spiritual development of each girl."

American Heritage Girls was founded in 1995 by a group of parents who wanted this faith-based, scout-type character development program for their daughters. At **AHG**, girls ages five to 18 meet together as [a single Troop](#) at the same time and then break out into Units by Levels. This gives **AHG** girls the important social experience of interacting with friends and godly mentors of various ages; members also learn leadership skills within a group setting. **AHG** Troops are located in [local communities](#) across the nation. If none exists in a given area, families can bring the **AHG** Program to their own area. An **American Heritage Girls** Troop Development Coach is available to provide resources to potential Charter Organizations and other families to form [a new Troop](#). To hear more about the purpose, mission, and vision of **AHG** from **Founder and Executive Director Patti Garibay**, [click here](#).

Today, there are [Troops](#) in all 50 states and girls being served in 15 countries around the globe. Girls can join a Troop at any time; if a Troop is not available nearby, they can become a [Trailblazer](#) and enjoy the **AHG** program alongside their parent. A variety of Christian denominations are also represented as [Charter Organizations](#) for Troops. Thousands of volunteer members across the country are helping girls grow in their faith, cultivate a heart for service, enjoy the great outdoors, and have more fun than they can imagine. The “[Raising Godly Girls](#)” radio feature and [Raising Godly Girls blog](#) shares guidance and biblically based advice on many key topics affecting girls today—from bullying and identity to anxiety and body image issues. It gives parents, educators, and faith community leaders a set of tools, resources, and Scripture-based advice to assist in raising girls after God’s own heart. The “[Raising Godly Girls Minute](#)” with Patti Garibay airs on 900+ Christian radio stations across the country.

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To schedule interviews with spokespersons from **American Heritage Girls**, contact Media@HamiltonStrategies.com, Beth Harrison, 610.584.1096 ext. 105, or Deborah Hamilton, ext. 102.

To inquire about airing the “[Raising Godly Girls Minute](#)” with Patti Garibay, contact [Michael Hamilton](#), 610.584.1096, ext. 101.