

A NETFLIX ORIGINAL DOCUMENTARY

SISTERS on TRACK

#anybodyseethedream

RUN/WALK GUIDE

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ABOUT THE FILM

The Netflix Original Documentary **Sisters on Track** is a coming-of-age story set in Brooklyn about hope, sisterhood and belonging, as three young sisters race against all odds towards a brighter future.

Sisters on Track follows the three Sheppard sisters, Tai (12), Rainn (11) and Brooke (10) from the 2016 media storm that propels them into the national spotlight, when all three are chosen to be the Sports Illustrated Kids of the Year, into their final years of Junior High. The film offers a rare intimate glimpse into a tight-knit Brooklyn family's journey to recover from trauma and tragedy moving away from their life in a shelter. Guided by coach Jean Bell and her **Jeuness Track Club**, who inspires them to beat the odds, dream big and aim for higher education, the girls are finding their voices as athletes and as young adults. At the heart of the story is the bond between a family and a whole community of women, passing the baton of self-empowerment through track and field, from generation to generation of hopeful young girls.

Sisters On Track touches upon critical themes that affect our youth including: the power of education, and sports building confidence in girls. Furthermore, the film touches upon the importance of empowering youth and communities, the transformational impact of mentorship, access to education, gender diversity in sports, and the power of communal care and support for single mothers as well as racial and economic justice. Through the **#anybodyseethedream** social impact campaign, the film aims to support the voices of women and girls, who are educated and empowered through sports and mentorship. Powered by Colgate Women's Games, our hope is that the film will give the audience a greater understanding of the value of mentorship and coaching through sports. The film works to inspire more people to fulfill these roles in their communities, participate in clubs like the Jeuness Track Club, and essentially find the role they can play in enabling a brighter future for the young people around them.



DIRECTED BY: CORINNE VAN DER BORCH & TONE GRØTTJORD-GLENNE

Release Date: June 24th on Netflix



FOR THEMATIC ELEMENTS, BRIEF SEX-ED DISCUSSION, AND SOME LANGUAGE

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[DISCUSSION GUIDE ►](#)

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WHY WALK/RUN?

Both running and walking provide numerous physical and mental health benefits. You can either run or walk every single day, or you can incorporate a walk or run every other day into your varied exercise routine. Experts suggest that brisk walking for about 30 minutes at a moderate speed every day can burn 150 to 200 calories. Additionally, a long walk or run can clear your thoughts and calm you down.

IMPROVES MOOD

Improves your mood and makes you happier. If you exercise regularly, you've probably heard of a "runner's high" – something that all runners have experienced at some time or the other. This is caused by the release of feel-good hormones called endocannabinoids. Regular exercise also protects you from depression and helps you cope with anxiety and stress. A study published in 2012 in the *Journal of Adolescent Health* found that just 30 minutes of running a week for three weeks boosted sleep quality, mood, and concentration.

BOOSTS IMMUNE SYSTEM

It helps fight the common cold. Even a quick, 30-minute workout can stimulate and boost your immune system and prevent you from catching a cold. Also, running and walking for about 30 to 45 minutes every day can improve a person's immunity and help them fight off most diseases and illnesses." (*Super Jock 'n Jill*, 2018)

INCREASES MENTAL HEALTH

It helps increase mental and emotional strength. There are multiple thoughts and feelings we have on a day to day basis and they aren't always the most encouraging because we're human and at times we doubt ourselves. There are so many physical challenges people face while running, or personal issues that may prevent them from even working out to begin with. How emotionally and mentally tough they are towards these challenges plays a major role in whether or not they're trying to start something new, and/or pushing through to finish something they've already started.

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RUN/WALK GUIDE



“ We look for girls who have not only a talent for running, but a desire to be part of something bigger than themselves. You have to have mental toughness, as well as physical strength and running gives you a feeling of freedom and power.”

– Coach Jean Bell,
Jeuness Track Club

GETTING STARTED

The best part about running and walking is that all you need are time and shoes.

Start with small amounts of time and distances. For instance, maybe jog or walk for five minutes, then add on as you go. The hardest part about running (even for professionals) is getting out of the door. So start small and as you progress, you'll feel good enough to add on!

A beginner program could look like this:

DAY ONE

- ▶ 5 minutes jog/walk
- ▶ 5 minutes light stretching

DAY TWO

- ▶ 10 minutes jog/walk
- ▶ 5 minutes light stretching

Repeat as many days as you can for the week, gradually adding on. Assess your progress and do it again the following week. Keep going!

Disclaimer: This document is intended for informational purposes only and is not a substitute for professional medical advice, diagnosis or treatment. Seek the advice of a medical professional before beginning a new exercise regimen or if you have specific health concerns.

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GET GOING!

Work out a routine that's safe and comfortable for you.

SHOES

When starting out, all you need are comfortable shoes, the kind that you would wear if you're going to be at a museum or a concert or any place where you know you'll be on your feet for extended amounts of time.

For running specifically, there are many types and brands to choose from-- when you're ready for a good pair, many local running stores have treadmills inside the shops where staff will watch you run or walk and assess what type of shoe might work best for you. This step is when you are ready to take it to the next level. Wear thicker socks when it's cold and thinner socks when it's hot. It's no fun having feet that are too hot or too cold. There are also socks specific to running. But when starting out, comfort is best.

LISTEN TO MUSIC

Make a playlist or listen to a podcast. Sometimes music that gets you going is helpful on a run/walk. It's a fun way to catch up on the latest podcast or audiobook as well. Safety tip: If you're listening to music, be sure to keep the sound at a level where you can hear what's going on around you.

WHERE TO RUN/WALK

Start in a park or familiar space in your neighborhood or even on a treadmill at a gym- starting out should be as easy as possible. Take away the guesswork of where to go by planning ahead. Do your run/walk somewhere that you are familiar with. This makes it easier to focus on getting out rather than where to go. Once you've established a routine and/or feel comfortable venturing out, doing run/walks in different areas and exploring is a great way to see new things!

MAP OUT A ROUTE

There are apps like Strava and Google maps that can help you build your own route if you want to walk/run outside. Before you go, you can map out a route and follow along. Mapping a route is a good way to track a run/walk in a new place too.

STREAM "THE DREAM"

"The Dream" song featured in the film, written by Tarriona "Tank" Ball and Mark Batson is available now



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PARTNERS / GROUPS

GET A PARTNER!

Who should you walk/run with? Is there someone who motivates or inspires you? Are you a motivator? Running or walking with someone else serves a few different purposes:

- 1. Safety in numbers.** Having a partner or partners during your run/walk is always better than going alone.
- 2. Accountability.** Knowing that you are going to run/walk with someone holds you accountable. It's much easier to skip it if you're alone, the more the merrier!
- 3. Motivation.** It's tough to stay motivated alone...we should all encourage each other to stay active. What better way is there to be a mentor than to motivate someone else to get moving!

JOIN OR START A GROUP

How can you organize and motivate others to do this? How can you start a run/walk group of your own?

As with everything else, start small! Start by joining an existing running group to see what it's like and how it's organized. Check out local road runner organizations like NYRR.org or the NIKE app to see what run/walk groups already exist in your area. Some other helpful hints:

- 1. Start Small.** Ask one or two people to join you. Before you part ways, schedule the next meetup that works for everyone. Eventually, you will decide on a good day/time that works for all.
- 2. Invite Others.** Once you've established a routine, extend the invite to others!
- 3. Be Consistent.** The times/days should be the same as much as possible. This way, people know that they can count on other people being there and will be more motivated to join.
- 4. Grow the Group.** It's likely that the initiators/ leader(s) of the group will take on the tasks regarding outreach and organizing.

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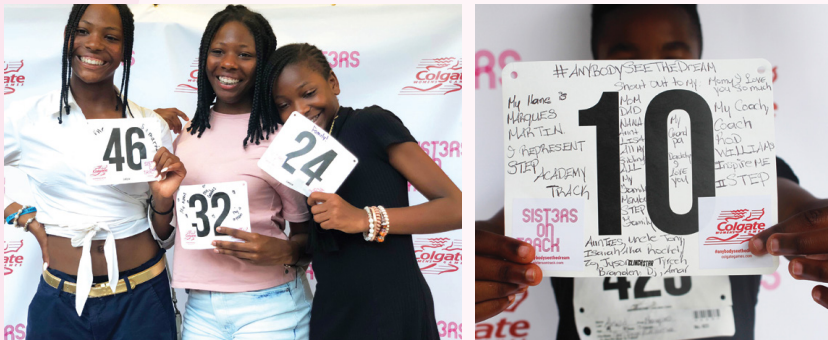


TRACK BIB CHALLENGE

Do you have a mentor? Is there someone who inspires you? Is there someone in your life that believes in you? Share a story about someone who has helped you see your dream.

- 1 Write out/type out this story on the **downloadable bib**. Print it out and share on social media.
- 2 Share on social and tag our handles on Instagram or Facebook: **@sistersontrackfilm** and use the hashtag **#anybodyseethedream**
- 3 Now, thank this person for supporting you and think about how you can do the same for someone else.

DOWNLOAD YOUR BIB



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