CHAARG
welcome packet
WE ARE CHAARG
+ we are on a mission to show
COLLEGE GIRLS EVERYWHERE
THAT OWNING YOUR FITNESS
is owning your life
WE ARE
LIBERATING GIRLS FROM THE
ELLIPTICAL + PROVING THAT
fitness can [+ should!] be fun
CHANGING HEALTH, ATTITUDES + ACTIONS to recreate girls

CHAARG is a health + fitness community on 90+ college campuses. We liberate girls from the elliptical + show them that fitness can [+should!] be fun by partnering with local fitness studios, as well as creating our own FitPlans [virtual workout programs]. Our mission is to empower every CHAARG girl to become the best version of herself. Oh, + we have a CHAARG Shop that’s pretty cool, too. ;)

the movement is just getting started!
I started CHAARG [circa 2012 ; ) --feels like forever ago!] at The Ohio State University as a student organization with a simple mission: to inspire college-aged women to become their happiest + healthiest selves -- whatever that means to them. I wanted girls to find the fun in fitness... + most importantly, find a community that supports their goals ++ dreams. I truly believe that with the right support system, you can accomplish anything.

Quickly after starting CHAARG, I began receiving tons + tons of emails from girls across the country [one of them being Sarah Clem -- the current Director of Expansion] sharing that they had heard about CHAARG from a friend at Ohio State, or through social media, ++ that they wanted --needed-- to bring CHAARG to their university. This is when I realized that CHAARG could be so much more than just a student organization at Ohio State... this could be a movement.

I am proud to say that we are now at 90+ universities with 10,000+ CHAARG girls [YOU!]. I'm so excited for you as you start this journey of being #inCHAARG ++ I would love to share with you three pieces of advice for getting the most out of your CHAARG experience >>

#1] Make time. I know it's blunt + it's hard--but it's true! You are all busy college students, but if you truly want to live a healthier lifestyle ++ get *everything* you can out of your CHAARG experience, you have to find the time. You’re the only one that can make that happen. Make promises to yourself + keep them. I promise that you will be so happy you did!
#2] Know that you’re not alone [+every girl in your Chapter is here for similar purposes as you]. A common misconception is that every CHAARG girl is an athletic superstar. The truth is [+ the beauty of CHAARG] is that we are such a diverse community. Yes, we have amazing athletes who are members of CHAARG, but we also have girls who join without ever having worked out a day in their lives. Regardless of where we are on our journey, we each share the passion of becoming our happiest + healthiest self. Don’t be afraid to sign up for a weekly workout that’s a workout you’ve never tried before -- that’s what makes the workout fun! : ) ++ never feel *intimidated* to talk to exec members // girls you don’t know, trust me--they want to talk to you! Everyone joins an organization looking to make friends along the way.

#3] Soak. It. In. If you make the time + step out of your comfort zone to truly get to know the girls in your Chapter [++ even outside your Chapter] you will gain an incredible community filled with women who motivate + support you, not only in the gym...but in life. It is so refreshing to see young women with such a positive outlook on life. They motivate me every single day -- just scrolling through my Twitter or Instagram feed, I am instantly inspired. ++ I know that they will inspire you. Soak it in, girlfriend! : )

Something I will never forget is when a girl shared with me that CHAARG has changed her life because it allowed her to be the best version of herself. I hope it changes your life too...

Have an amazing semester [+beyond]. I can’t wait to take you on this crazy journey with me.

Lots of CHAARG love <3

+ elisabeth
**CHAARG 101**

**CHAPTER NEWSLETTER**
On Sundays of every week, you will receive your Chapter Newsletter at whatever email account you signed up for CHAARG with. This newsletter is sent out at 10 PM on Sundays + it is really important you read the Newsletter to stay on top of all things CHAARG at your university! The Newsletter includes the sign ups for the events, national news, + things happening in your Chapter for that week!

**WEEKLY WORKOUTS**
Your Chapter has Weekly Workouts on the same day + time for the entire semester. These are large events [open to the entire Chapter] that are with a group fitness instructor or a wellness + nutritional speaker from your community that will be either on campus or off campus at their studio! You sign up to be a part of these in your Chapter Newsletter through the EventBrite links.

**SMALL GROUPS**
Small Groups are led by executive team members + are groups of 10-20 members that meet at the same time every week. Small Group activities range from workouts to grabbing smoothies as a group! These are the backbone of CHAARG + being a part of your Chapter community on campus. You will be able to sign up for Small Groups after the second week of the semester. Small Groups are optional to sign up for, however, if you do sign up you are expected to be a part of your group for the entire semester!

**SIGNING UP FOR EVENTS**
Every event sign up will be in the CHAARG Newsletter as a link that will take you to an EventBrite page. Once you sign up on EventBrite for the specific event, you’ll be registered for the event! If you realize that you cannot attend the event after signing up, you must cancel your ticket 24 hours before the event -- this is because it is very important that the instructors have an accurate count of how many people will be at the event. If you have any questions about this, be sure to email your Chapter Secretary!

**ATTENDANCE POLICY**
If you sign up for an event + do not show up, you will be subject to restricted membership. While on Restricted Membership, you will not be able to participate in any CHAARG events for two weeks. There will be no exceptions, so please abide by the rules. This is set in place to provide accountability -- if you do not attend, you will be taking a CHAARG girl’s spot who would have wanted to be there.
Joining CHAARG not only connects you to girls at your university, but you are part of a national community -- filled with 10,000+ girls! We put on national events throughout the year where you have the opportunity to get to know CHAARG girls from different CHAARG Chapters! Our most well-known national event is the FitPlan -- an interactive workout plan with incredible motivation, inspiration, + support. Some other national events include the CHAARG Tour + CHAARG Run Club -- keep an eye on our instagram + in your inbox for details on our national events!
Create an #inCHAARG Instagram [i.e anna_inchaarg] to document your health + fitness journey ++ connect with your fellow CHAARG girls! Make sure to always include the hashtag #inCHAARG when posting pictures -- it allows us to easily find you + groups us all in one positive ++ empowering feed! Scroll though the #inCHAARG hashtags + you will become instantly inspired :) Be sure to check out your chapter hashtag too!
we're so happy to have you #inCHAARG!

90+ UNIVERSITIES NATIONWIDE
10,000+ MEMBERS

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