



# The Babe Within

discover your inner babe

*A popular program for pre-teen girls returns to the YMCA.*

Parents of pre-teen girls in America are painfully aware of the pressures that bombard their daughters. They see the unrealistic and often unhealthy messages that speak to young women from TV and movie screens, song lyrics, the antics of pop-culture celebrities—and even from their peers in school.

“There is immense pressure on young women to look and act a certain way,” says Rupa Mohan, founder of The Babe Within program for 10-12 year old girls. “They are told in a thousand different ways that they must have a boyfriend, be very slim, have perfect hair and lots of friends. They see air-brushed models living glamorous lives. There is an obsession with perfection in the media. It’s unrealistic, but kids don’t know that. If they can’t live up to these impossible standards, they begin to see themselves in a negative light.”

*“Girls who feel good about themselves make good choices in life.”*

Rupa Mohan conceived The Babe Within program as a counterweight to these destructive influences. “It’s important that we help girls become confident, empowered women who are happy with their role in the world, make good choices, and have satisfying relationships with their family, friends and boyfriends. Girls who feel good about themselves make good choices in life.”

The Babe Within program is an eight week course that is returning in June to the Lower Bucks Family YMCA in Fairless Hills, after a successful debut last summer. Sixteen girls signed on for the once-a-week program, and before long had meshed into an enthusiastic and supportive network of friends.

The program focuses on three main areas: Eat, Energize, and Explore.

“We don’t do calorie counting or weird diets,” says Rupa. “Instead, the girls learn some simple healthy eating principles. They learn how to read nutritional labels. They try some new foods and learn to make healthy meals and snacks. They are often surprised to find that healthy foods can taste really good.”

The Energize portion of the program involves movement and activity. “It’s exercise for energy and fun. The girls learn to get movement and activity into everyday life: walking the dog, taking the stairs, dancing to the latest music.”

In the Explore aspect of the course, the girls learn to appreciate what they have and what they can do in their lives. They are encouraged to look within to discover their own special talents, choose good friends, and celebrate their own natural good looks with Babe Beauty hair and makeup sessions. They are encouraged to keep a journal.

“The YMCA is a perfect partnership for The Babe Within,” says Rupa. “Their philosophy encourages healthy minds, bodies, and spirits—and that’s what we want for our girls.” ■

**The Babe Within program at the Lower Bucks Family YMCA in Fairless Hills will run for eight Saturdays, June 19 to August 14, from 2:00-3:30 pm. The fee is \$150.**

**There will be a Q&A session for parents on Wednesday June 16 from 7:00-8:00 pm.**

**Visit [www.TheBabeWithin.com](http://www.TheBabeWithin.com) or Facebook: The Babe Within for more details. Rupa Mohan can be reached at 267-394-2054, or at [babe@mohan.info](mailto:babe@mohan.info)**



*The girls having fun at a hair and makeup session.*



*The Babes enjoying a healthy snack they learned to make*