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For immediate release

Norfolk Girl Scout Earns Gold Award

Isabella Devita has earned the Girl Scout Gold Award, the highest honor and achievement a girl can earn in Girl Scouts. Isabella is a senior at Pearblossom High School. She is the daughter of Dawn and Michael Devita.

For her project, "The real truth about nutrition and physical fitness," Isabella set out to teach the youth in her community about health and wellness. With the help of her jiu-jitsu coaches, she held interactive learning sessions about safe exercise techniques and created flyers with information about healthy eating habits.

"Obesity is a problem in the U.S. The importance of eating healthy and exercising can allow you to have a longer life span because it reduces heart disease, diabetes and other illness. If students know how to take care of themselves they will feel good about themselves," she said.

She wanted to make it easier for kids to understand the importance of living a healthy lifestyle. Along with the exercise classes and flyers, Isabella plans to keep her Facebook account dedicated to exercise and her YouTube account active to improve the sustainability of her project.

About the Girl Scout Gold Award

The Gold Award requires girls to identify an issue in the community and carry out a Take Action project to address the matter through leadership work. Nationwide, less than six percent of eligible Girl Scouts earn the Gold Award, which adds this young lady to an elite group of female leaders across the country with the honor.

With the help of the Gold Award, girls can earn college scholarships and even enter the military one rank higher. Girls who earn their Gold Award rate their general success significantly higher than their peers. They also report greater success in reaching their goals in many areas.

About Girl Scouts of the Colonial Coast

Girl Scouts of the Colonial Coast, a United Way agency, serves nearly 11,000 girls in grades K through 12 with the help of nearly 5,000 adult volunteers in southeastern Virginia and northeastern North Carolina. Girl Scouts offers a one-of-a-kind leadership development program for girls, unleashing the G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)[™] in every girl. Since 1912, Girl Scouts has been building girls of courage, confidence and character who make the world a better place. To volunteer, reconnect, donate or join, visit www.gsccc.org or call 1-800-77SCOUT.

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