



## Take the *Tchin-tchin Challenge* with your campers from July 8<sup>th</sup> to 12<sup>th</sup>, 2019!

Dear camp counsellor,

Our camp is taking part in the *Tchin-tchin Challenge in my camp* which encourages campers to **drink more water** to help make it a daily habit. **Regular water intake throughout the day** is essential to staying properly hydrated. It is especially true for kids, with extreme hot weather; they are more susceptible to an increased loss of body fluids along with dehydration risks.

From July 8<sup>th</sup> to 12<sup>th</sup>, 2019, you are invited to host the *Tchin-tchin Challenge in my camp*. Every day, campers will take water breaks; in the morning, afternoon and at lunchtime. During these breaks, campers will drink water together in a fun atmosphere and participate in a water bottle toast. As role models, we encourage you to keep your own bottle close at hand all week, drink water, and join the campers in the toasts during breaks (at least) and at lunchtime. While water is the preferred beverage at lunchtime, campers are allowed to drink other beverages if they are packed in their lunches. However, the toast will be done with water only.

The *Tchin-tchin Challenge in my camp* includes:

- a *Tchin-tchin in my camp* activity kit, including 18 easy-to-use suggestions;
- a handbook to help ensure the *Challenge* is a success;
- promotional material;
- participation certificates for;
  - campers,
  - the camp;
- tips and tricks for parents;
- and more!

To download free material: visit [soifdesante.ca/camp](http://soifdesante.ca/camp).

By encouraging water consumption, you help kids avoid dehydration and enjoy better health today and in the future. Taking up the *Challenge* and completing the activities will help campers **develop the reflex of reaching for water first** when they're thirsty rather than juice or sugary drinks. The overconsumption of; fruit drinks, iced tea, sports drinks, vitamin water, and other sugary beverages are harmful to teeth and overall health, save these types of beverages for special occasions. Water is the best day-to-day beverage!

For a few simple tips which helps families pursue healthy hydration habits at home, visit [soifdesante.ca/maison](http://soifdesante.ca/maison).

Thank you for your support. Have a great *Challenge* week!

The camp coordination team

## Summary

### Before the Challenge

- Read the *Tchin-tchin Challenge in my camp* handbook to implement with success.

### During the Challenge, July 8<sup>th</sup> to 12<sup>th</sup>

- Schedule daily breaks; in the morning, at lunch, and in the afternoon to focus on water consumption. Make it a fun occasion by getting the campers to propose a toast. You can even capture these moments in photos!
- Be sure to have water and some glasses on hand throughout the week so kids who forget to bring their water bottles won't be left out of the toast during breaks and at lunchtime.
- Set a good example by bringing your own water bottle and raising it along with the campers.

### After the Challenge ends on July 12<sup>th</sup>

- To congratulate the campers and reinforce their new habit, award participation certificates to every camper who completes the *Challenge*.
- Encourage campers to maintain this healthy habit throughout the summer. Remember to set a good example.

**Have a great *Challenge* week!**

The *Tchin-Tchin Challenge in my camp* is an initiative by the Weight Coalition and Shape Up. It is inspired by the *Tchin-tchin Challenge* held in schools, a joint initiative by the Association québécoise de la garde scolaire and the Weight Coalition.

