

# MY HH PROGRAM





Shape Up offers an outstanding tool.  
It's fast, simple and fun:

## Design your program!

We know you already have a template you use in camp, but why not dress it up with stickers that visually represent HH (healthy habits)?

### HOW?

1- SET YOUR HH OBJECTIVE FOR THE WEEK AND STICK IT ON YOUR PROGRAM.

<b>HH OBJECTIVE?</b>	 
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Set a realistic objective. The goal is not to discourage yourself but to encourage you to include healthy habits in your program.

### HERE ARE A FEW EXAMPLE OF OBJECTIVES:

- Use a new Shape Up game.
- Use the food cards for a healthy eating activity.
- Make sure every camper in your group gets moving for at least 60 minutes in a day.
- Use the Tchín–tchín challenge activity kit to encourage campers to drink water.



To learn more,  
check out the Going further  
section of the SU guide.

2- USE THE STICKERS PROVIDED BY SHAPE UP TO ADORN YOUR PROGRAM



PHYSICAL ACTIVITY [MODERATE]



PHYSICAL ACTIVITY [INTENSE]



HEALTHY EATING



SEDENTARY ACTIVITY



BODY DIVERSITY

### RECOMMENDED:

Every day should feature shoe and thermometer icons (the goal is to do at least 60 minutes of physical activity per day)



#### — MODERATE

Campers can speak but not sing their favourite song.



#### — INTENSE

Campers cannot speak more than a couple words without stopping to catch their breath.



— A minimum of two (2) apples per week (aim for 120 minutes of healthy eating activities per week.)



— A maximum of two (2) seated figures to limit the amount of time spent sitting and indoors during the day (e.g., watching a film, crafts, reading)



— One (1) heart per week to take time to speak with the campers about body diversity (Shape Up has created activities you can use to address this theme.)