

Health Challenge

SUMMER
CAMP



THE HEALTH CHALLENGE IN MY SUMMER CAMP: FOR A FUN AND MOTIVATING HEALTH BOOST!

Dear administrator,

Your summer camp has been invited to participate in the *Health Challenge in my summer camp*, which will take place from **July 13 to 17, 2020**. The *Health Challenge*, already very well known to Quebecers for over 15 years, is an invitation to everyone to take action to adopt a healthier lifestyle in a fun way! How? By developing the reflexes and skills to eat better, be more active, and focus on their well-being every day!

REGISTER YOUR CAMP! www.treplinsante.ca/en

Every day, kids will take up a fun challenge at camp on different themes related to nutrition, physical activity, or relaxation. The *Health Challenge in my summer camp* is a joint initiative between Shape Up and Capsana, the organization behind the *Challenge*.

Participating summer camps have the chance to win a prize. A great reward for adopting healthy habits all summer long!

To be eligible, register your summer camp at the latest on Sunday, July 12 on the Shape Up website at www.treplinsante.ca/en.

MANY TOOLS ARE AVAILABLE

Staff will have access to many tools, such as activity sheets, a poster, and a certificate, among others, to help support and inspire the team in their endeavour. For example, the poster can be set up near reception or wherever you'd like in the camp. This will allow parents to find out which challenges the campers will take up and follow their progress.

The campaign's informational tools are provided free of charge and can be downloaded on the Shape Up website at www.treplinsante.ca/en.

We thank you in advance for your invaluable collaboration. Please do not hesitate to contact us for more information.

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Special collaboration
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