

Health Challenge

SUMMER
CAMP



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

Dear parent,

The *Health Challenge in my summer camp*, which will take place from **July 13 to 17, 2020**, is among the activities your summer camp is happy to participate in. Every day, kids will take up a fun challenge on different themes related to nutrition, physical activity, or relaxation.

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

WHAT IS THE HEALTH CHALLENGE?

The *Health Challenge* is an invitation to all Quebecers to take action to adopt a healthier lifestyle in a fun way! How? By developing the habits and skills to eat better, be more active, and focus on their well-being every day!

Find out which activities will be held in your child's summer camp during the *Health Challenge*.

For more information about the *Health Challenge*, visit the Shape Up website at www.treplinsante.ca/en or HealthChallenge.ca.

Special collaboration
**Association québécoise
de la garde scolaire**

