

Fondation Tremplin Santé support

summer camps

so that

healthy

habits can thrive

Free program



Healthy Eating



Physical Activity



Well-being

Contact Us

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1-833 648-1444

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tremplinsante.ca/en

170 Games, Activities and Tools

made available to the entire camp team through an online portal.



Personalized Support

offered by a dietician and a kinesiologist to easily set up projects on healthy lifestyle habits.



Interactive Training

for managers, coordinators and counselors.



4 Exciting Challenges

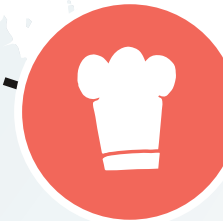
Spice up camper's and counselor's summer.



POWER UP

More than 150 Recipes

to cook at camp or with the family.



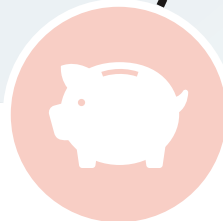
5 Contests

Healthy habits are always a winner!



Funding

so that more camps can present or improve projects on healthy lifestyle habits.



67 videos

To discover with youth HH activities.



Thank you to our partners :



Public Health Agency of Canada
Agence de la santé publique du Canada

Secrétariat à la jeunesse
Québec

POWER CORPORATION DU CANADA