

2021-2022 Annual Report

To give our youth
that healthy glow!



Our mission

To promote and support the development of environments conducive to the adoption of healthy habits among Canadian youth in recreational settings, particularly in underprivileged communities.

Our values

Cooperation

Integrity

Accessibility

Respect

Innovation

Our areas of intervention with youth organizations.

Knowledge-transfer through training and support

Adoption of healthy habits through play thanks to events and tools

Supporting communities and individuals in underprivileged areas through financial assistance

Pan-Canadian development so that more people take action

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Note:



HH = Healthy habits



HE = Healthy eating



PA = Physical activity



WB = Well-being

To facilitate readability, we have used masculine as a gender-neutral term to refer to both men and women.

Message from the President and the Executive Director

Dear friends, partners, and loyal donors,

It has been 10 years since Tremplin Santé took its first steps! We are extremely proud of all the progress we have made together, thanks to our dedicated members, inspiring expert partners, generous donors, caring administrators, and especially our dynamic, devoted and passionate team. We owe you all deep debt of gratitude!

Over the past ten years, we have inspired young people by offering them a multitude of opportunities to explore healthy habits and grow up healthy. With our members in mind, we have created and co-developed 180 games, activities and tools, 10 trainings, 70 educational videos, and nine summer challenges and competitions. We have also raised awareness about the benefits of moving more, eating better and treating themselves with kindness among hundreds of thousands of young people. We have supported nearly 21,500 young people from vulnerable backgrounds by financing some 100 projects and awarding nearly 525 vacation scholarships. In this annual report, you will see that the year 2022 was no exception to our commitment. In fact, it was an exceptional year of reconnection with several of our members. We now have 986 member camps, and we reach more than 208,000 young people and 15,000 counselors during the summer.



Henri-Paul Rousseau

President and Founder of
the Fondation Tremplin Santé

Young people are at the heart of our actions. Let's continue to pool our efforts to help them grow up healthy. Currently, only 29% of Canadian youth practice a physically active lifestyle¹, and over 78% of Canadians do not meet the recommended fruit and vegetable consumption². Why are the results not more encouraging? Beyond the drastic deterioration of habits for many of us over the past two years, and access issues for disadvantaged populations, too few people have the knowledge to make healthy choices, even in countries like Canada, according to The Lancet³. It is not a matter of blaming individuals in the current infodemic context, where misinformation is rampant. Instead, let's help them be better informed, question themselves, and adopt healthy habits, regardless of their environment⁴.



Tania Paracini

Executive Director of
the Fondation Tremplin Santé

At Tremplin Santé, our products and services support behavior change among young people and counselors by acting on determinants such as attitudes, knowledge, skills, self-efficacy, and the appreciation of newly adopted healthy habits, while respecting everyone's pace⁵. Added to this is the opportunity for young people to freely express their personal experiences during activities, and we strengthen the likelihood of replication. At the same time, we support the development of favourable environments among our members across four dimensions - social, political, economic, and financial - to ensure that young people and counselors spend their summers brightly colored by healthy habits.

Together, let's keep moving forward for a *vibrant, healthy young generation!*

¹ Sixty minutes of moderate to vigorous physical activity per day, according to WHO recommendations.

² Statistics Canada. Table 13-10-0096-12 Fruit and vegetable consumption, five times or more per day, by age group.

³ Why is health literacy failing so many? - *The Lancet*.

⁴ Infodemics and Health Misinformation: A Systematic Review of Reviews - PMC (nih.gov).

⁵ Our approach mobilizes several theoretical models, including Bandura's self-determination theory, Prochaska's stages of behavior change, Ajzen's theory of planned behavior, and the ecological model in prevention and intervention with young people.



TOUER
créer ✂ cha
S'AMUSER AVEC
RIRE 🌐 BOUGER
faire des folies 🌳
K É N



Knowledge-transfer through training and support

Highlights and new developments

The Foundation offers several training programs to camp management and activity teams, including ExplorAction and the Power Up Summit. The objective is to provide managers and counselors with the knowledge required to plan and develop fun strategies with young people and thereby influence them gradually but surely. We also aim to make these environments and their interveners more equipped and autonomous.

Numerous virtual meetings are also available free of charge, at any time. Our coaching services are offered year-round.

25 events in 2022

The Power Up Summit hosted

145 managers and coordinators from

88 camps

Training

558 managers, coordinators and counselors (326) trained in 2022

Support

36 camps supported

The Power Up Summit



The Power Up Summit, an annual event held in May, is geared to managers and coordinators with youth organizations. This event, held in person or in virtual mode, **aims to share ideas and tips with managers and coordinators with the objective of helping them take action around healthy habits (HH).**

In 2022, we held **five events during the Power Up Summit**. Four were held in virtual mode, and one was held in-person in Québec. Each year, our team creates a unique event featuring exchanges between presenters and the public in the form of various enactments of everyday life at camp, where each person is called upon to participate thanks to active breaks. The 2022 summit focused on exchanges between peers

and experts around themes related to HH at camp:

- **Physical activity, development of knowledge:** In addition to motor skills, what can we transmit to youth during a physical activity?
- **Social media used by youth:** Consumption of social media by youth and its impacts on how they perceive themselves and others.
- **Emulation systems:** What is the difference between an emulation system or a motivation system? I adopt HH to get more enjoyment out of life.
- **Culture at camp:** HH to get inspire.
- **The four-year-olds have arrived:** What are your concerns when it comes to integrating four-year-olds at camp? Is it too soon to introduce them to HH?

These exchanges in small groups brought out key notions in connection with each theme. Please see our Web page **Retour sur le Sommet Tremplin Santé 2022** (available only in French).

We really appreciated this training activity, which we found interactive and relevant. Kudos and thank you to the entire team!

Katherine Heckersbruch, Loisirs & Culture Sud-Ouest

This was the best training activity so far!

Danielle Degarie, YMCA St-Roch

I feel privileged to have taken part in the summit again. Thank you to the entire team for presenting another incredible summit.

Monique Lanthier, La Clémentine - Ontario

My coordinator really appreciated the in-person summit, which was a strong source of motivation for him. He came back amped up to motivate the team for the summer!

Marc-Olivier Bouchard, Recreation and Culture Counselor

ExplorAction: An innovative training for counselors



The name of this training may seem complex, but it captures its intention, which is to EXPLORE together the ACTIONS. ExplorAction is a fast, simple and effective training activity meant to mobilize the camp team around HH. Its objective is to offer camp counselors basic knowledge that will lead them to become more aware of their own habits, and to propose fun-filled strategies to use with youth in order to gently but surely influence them.

Between May 30 and June 30, 2022, 326 counselors from 25 camps completed the ExplorAction training, with a total of 16 sessions offered.

Even though it was held online, this training was super interesting and entertaining!

Anonymous comment collected during the evaluation

It was great; I loved that a few of the exercises were integrated into the training, which made it that much more enjoyable!

Anonymous comment collected during the evaluation

Activation webinars

Webinars on the summer challenge activities – CHEFS IN ACTION, the Tchín-tchín Challenge in my Camp Challenge, the Tougo Challenge *summer camps* and the Pause Challenge – are virtual presentations geared to managers and coordinators.

In 30 minutes, the Power Up team presents a challenge and its areas of action in HH, and it provides keys to ensure its successful integration into the camp program, along with tips on how to motivate counselors to participate, etc. Available for replay, the challenge webinars were a hit with participants.

It was great to have access to resources like webinars to help organize certain activities. We really appreciated being able to rebroadcast these webinars from your YouTube channel.

Anonymous comment collected during the evaluation

Support to promote leadership and strengthen the impact

The coaching, offered free of charge by the Foundation to its members throughout the year, gives managers access to experts in nutrition or kinesiology to help them implement their projects on healthy habits. If necessary, the Foundation refers camps to local stakeholders.

Example of coaching on healthy eating

Spotlight on the Centre communautaire d'Arthabaska, Victoriaville, supported this year by Laurence Laberee

This camp already had a certain expertise, as it has been holding gardening activities for years. During our exchanges, I asked the camp director to think about ways to take the gardening project a step further. I encouraged her to reflect upon the real needs of the camp and the desired impact. In the end, she realized that she wanted the campers to develop their cooking skills and to be self-directed in the kitchen and at home. This led to the idea of using garden produce to hold cooking workshops at camp so that campers can become more aware of the journey of fresh produce from farm to table. As a bonus activity, a picnic for parents and friends was held during the final week of camp. The campers were asked to prepare a recipe at home using a food item discovered at camp.

Our bio-food camp concluded yesterday, and to close out the camp we invited parents to come and meet us. The kids were asked to bring a dessert with strawberries that they had picked during the Arti-récolte activity. They were extremely proud to share their recipes with parents and friends. I spoke to the parents [...], who said the kids learned a great deal during the summer!

Hélène Vézina, Programming Director at the Centre communautaire d'Arthabaska

I'm glad that I was able to help the camp take its project a step further by exploring other aspects of healthy eating. This project also allowed them to participate in our contests: Ready, Set, Garden and The Local Crunch

Laurence Laberee, dietician at Fondation Tremplin Santé



Promoting healthy habits through games, events and tools

Highlights and new developments

4 Challenges

408 participations in the Tchín-tchín Challenge in my Camp

187 participations in the PAUSE Challenge

306 participations in the TOUGO Challenge *summer camps*

264 participating in the CHEFS IN ACTION Challenge

New

5 contests

• Golden Legends

• Many Thanks

• Local Crunch

• Jump into Action

• Ready, Set, Garden

New

New

New

8 new tools

• Three in HH



• Two in HE



• Two in WB



• One in PA

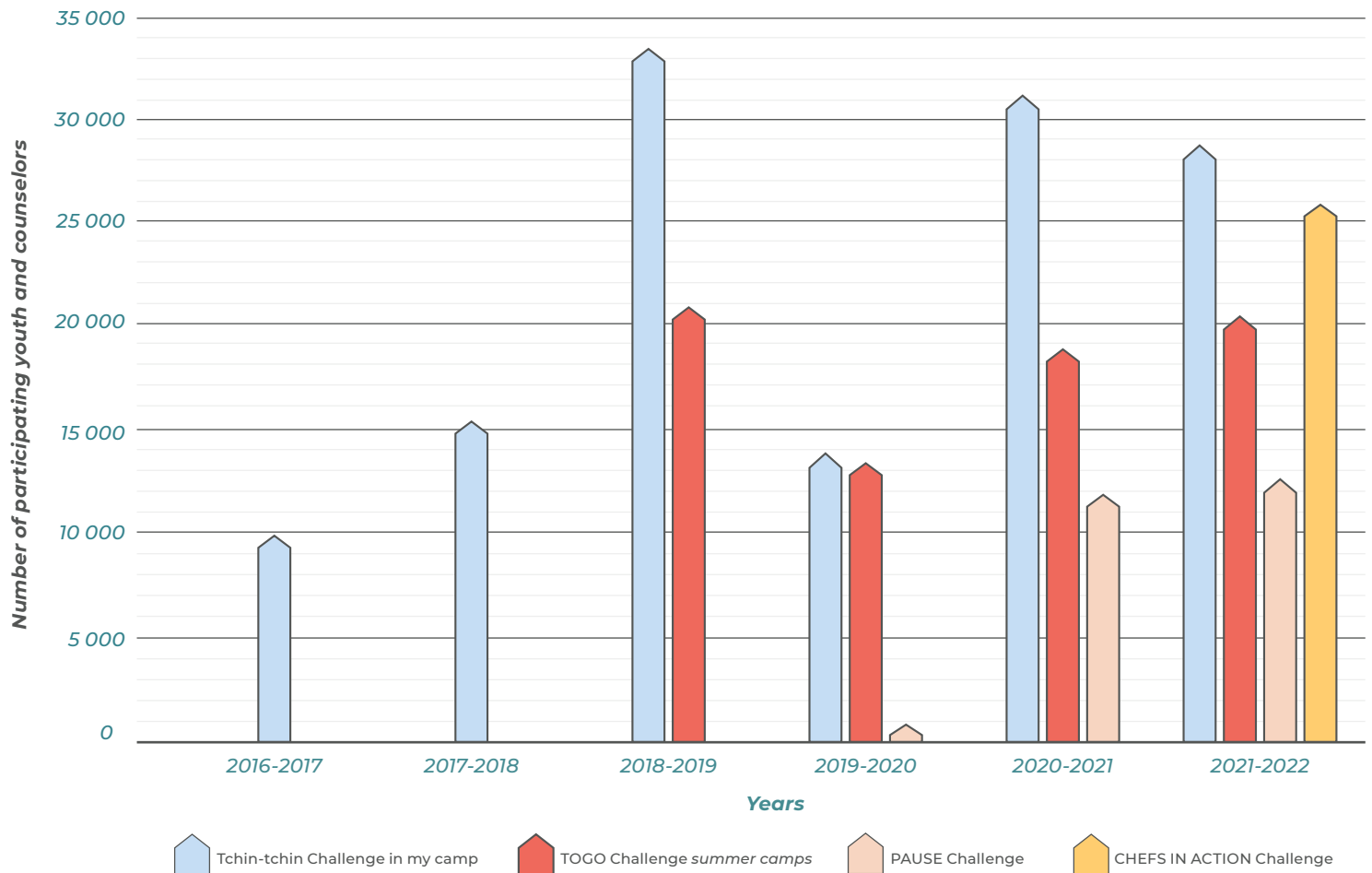


180 tools to discover online on the **Tremplin Santé portal**

Our approach is inspired by humanistic cognitive sciences: learning by experience, among peers, with kindness and respect for each individual's pace. Over the years, we have fostered close-knit alliances with the youth organizations that use our services, by offering them high-quality fun and educational tools, challenges and contests in three areas of intervention: healthy eating, physical activity and well-being.

Challenges are always popular!

Challenges are turnkey events for all youth organizations, whether or not they are Tremplin Santé members. Once the annual kit is downloaded, they can easily add one or more activities to their programming and mobilize all the counselors and youth. Together, we take on the challenge!





July 5 to 8

A challenge to raise awareness among young people about the importance of **hydrating properly at camp** by encouraging, normalizing and **highlighting the importance of drinking water**.

Prizes to win: stickers for young people, eight flavored water kits (a water dispenser, cutting boards and knives), 11 gift cards (\$25), water bottles, eight hydration bags (evaluation)

The campers are proud to have their water bottles and their Challenge "stickers"!

Cynthia Lavoie, recreation technician in the municipality of Forestville

I'm sure the kids will remember this challenge for a long time to come!

Arianne Poulin, coordinator at the Saint-Benoit-Labre day camp

Developed with



The counselors added the proposed activities to the Set your Sights on... Water poster. The following activities were enjoyed the most: Aquatic Yoga, Thirsty Camels, H2 Wow and I Drink Water when.

Catherine Forbes, Ville de Matane

408

participating camps

25 344

youth mobilized

3 360

counselors mobilized



TOUGO CHALLENGE

summer camps

July 11 to 15

A one-week challenge to encourage the adoption of healthy habits at camp with fun-filled challenges that motivate kids to eat **more fruits and vegetables**, **practice a physical activity for at least 60 minutes**, and **relax**.

New in 2022: Delicious Misfits, Secrets of Olympia and Laugh-a-Thon

Prizes to win: One Catsport gift card (\$250), one gift card from a local grocery store (\$125) and one activity presented by an organization specialized in yoga (\$125)

Developed with



What a wonderful idea. The kids loved it. The kit was really well put together, and it allowed counselors to prepare effectively for the week ahead.

Anonymous comment collected during the evaluation

We prepared three recipes with each group during the week. We did six hours of gymnastics per day, on top of walking from one activity to the next as well as games. And we added discussions with the campers concerning their objective and their personal qualities. We used the WEPAH!cards a minimum of once a day.

Anonymous comment collected during the evaluation

306

participating camps

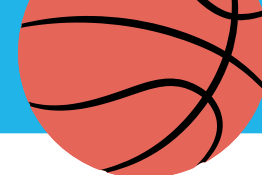
17 792

youth mobilized

2 505

counselors mobilized





July 4 to August 12

The objective of this Challenge is to **promote the balanced use of the Internet and screens by campers so as to prevent screen addiction**. When a camp participates in the PAUSE Challenge, it makes a commitment to encourage campers to better understand their relationship with screens and look more closely at how they consume technology.

New in 2022: Paper Fortune Teller and Caption This!

Prize to win: One Paper Shoot camera

Développé en collaboration avec



187

participating camps

11 096

youth mobilized

1 468

counselors mobilized



We had loads of fun doing the Chefs in Action Challenge with our campers.

Thank you for this lovely initiative, and we hope to renew our collaboration with you on other projects.

Émilie Bouchard of Parrainage civique Champlain, which works with youth living with disabilities

DÉFI CHEFS EN ACTION

New

July 4 to August 12

This new challenge contributes to the campers' know-how to cook thanks to the "Parfait bleu, blanc, rouge" recipe.

Each camp receives all the materials they needed to make the recipe: a grocery gift card, reusable glasses, an activity guide, the guide titled What's Your Recipe? and the My Culinary Skills pamphlet.

Prizes to win: 10 culinary bins, including all the materials needed to present cooking activities at camp, 13 gift cards (survey)

Developed with

**Éducation
Nutrition**

*It was an unqualified success!
Thank you so much for everything!*

Noémie Rivard, coordinator at the Saint-Liboire day camp

264

participating camps

23 153

youth mobilized

2 791

counselors mobilized

Contests to promote initiatives by Power Up Members



Contests are a way for camps to recognize the quality projects and initiatives they have implemented during the summer. Each application is reviewed and evaluated by an independent jury. For Tremplin Santé, contests are a way to highlight the value of actions by youth organizations and their teams, award prizes to them for purposes of acquiring equipment, or carry out an additional activity aimed at helping them realize the impact that they have on their environment and on the habits of youth and counselors.

CONTEST GOLDEN LEGENDS



July 4 to 29

This competition aims to **recognize actions taken to promote healthy habits.**

The camps present initiatives completed by their teams in connection with healthy eating, physical activity or well-being. Each winner receives a Golden Legends trophy and \$1,000 in cash to acquire equipment and to offer more activities to promote healthy habits.

The six winners are selected by an independent jury. This year, we wish to thank Hugo Filiatrault of the ACQ as well as kinesiologists Philippe Roy-Moreau, Frédérique Nolin and Camille Lamontagne for their contribution.





Congratulations to our 2022 winners:

- Montmagny day camp and their activity entitled Le monde des ténèbres as well as their gardening bin to improve their activities in connection with healthy eating
- Sainte-Marguerite day camp and its VIP cruise
- Ville de Matane day camp and its active participations in the summer challenges
- Collège Laval day camp and its special HH programming on Wednesdays at noon, organized by the Power Up camp leader
- Amy Molson Camp and its salad bar
- Baie-Saint-Paul day camp and its counselor specialized in physical activity, its activities in connection with well-being, and its cooking workshops with a local chef



Sainte-Marguerite day camp, winner of the 2022 Golden Legends: A VIP cruise

Chaudière-Appalaches



During the summer of 2022, the Sainte-Marguerite day camp sought to promote the adoption of healthy habits by its campers. From this perspective, the counselors were challenged to integrate physical activity, healthy eating and well-being into their summer theme: a cruise. They skilfully succeeded in blending them all to create an enriching and memorable voyage. During the camp's seven weeks, campers explored new continents and took part in theme-based activities.

Discovering the continents through physical activity

During the cruise, kids have a chance to discover new and unique disciplines, such as rugby and cheerleading in Oceania, gumboots in Africa, and salsa in South America. This activity gives them an opportunity to learn about different practices and develop new interests. They also have fun practising more traditional sports, such as baseball, soccer and swimming.

Discovering the flavours of the world

Kids are introduced to healthy eating through a variety of recipes. Among other things, they get to taste mochi, a traditional Japanese dessert, during their sojourn in Asia, as well as sample various flavoured waters from Oceania. A visit to the agricultural exhibition also lets them gain exposure to a number of local food products. These activities, consistently integrated into the summer theme, introduce campers to various facets of healthy eating.

Self-discovery through well-being

During the voyage, kids attend a reading of an indigenous tale on acceptance, draw mandalas, participate in a group relaxation activity, and discuss their passions. A reading space is also set up, with book recommendations based on the country visited. These moments of calm, creativity and reflection allow the campers to learn more about themselves while giving free reign to their imagination.

"Well-being is definitely the most difficult aspect for our counselors to integrate into our summer theme. Next summer, we will spend more time working on this facet of healthy habits,"

said Danielle Cloutier, recreation and communications coordinator with the Municipalité de Sainte-Marguerite.



! many
THANKS !

June 6 to August 5

This Contest highlights acts of gratitude and kindness by camp managers and coordinators towards their precious counselors. **Power Up supports initiatives that contribute to the well-being of the camp team.** Participants receive a team-building game.

Developed with

MOUVEMENT
SANTÉ MENTALE
QUÉBEC



Promouvoir. Soutenir. Outiller.

SANTÉ
MENTALE
QUÉBEC



Chaudière-Appalaches

Promouvoir. Soutenir. Outiller.

Saint-Joseph-de-Beauce day camp and the actions led by Emily Gilbert in support of the well-being of the 23 counselors on her team: Team outings, end-of-summer gala, recognition of actions carried out with the campers by the counselor of the week (special treatment!), weekly support meetings for her camp team, private social media group for information-sharing, special snacks and coffee offered.

Collège de Laval day camp and the actions of Vicky Lachance: Each sectoral supervisor created a moment with her team around an activity, for example the sundae bar. Small words of encouragement ("Thank you for supporting the growth of our kids!", "Kudos for your brilliant ideas!") were placed in various locations throughout the camp. A video of the campers thanking their counsellors was made and disseminated. A wall of thanks was installed so that everyone, parents and campers, could thank the counselors.

2 791
happy counselors

Eau Camp, Longueuil-based day camp, and the actions led by Flavie Bazinet for her 35 counselors: Organization of swimming activities, a diving contest, water polo matches, and relay races held outside of camp; week-long games for counselors (Patate, VIP, ami secret, the Killing, défis, etc.) held every week; daily meetings in the morning, and weekly meetings on Tuesday evenings. The management team responded to questions from counselors and circulated throughout the camp to help them. It provided freebies and candy, and held draws to award show tickets.



CONCOURS



TREMPETTE DE LÉGUMES

avec des légumes de la
région



- concombre
- champignon
- poivron
- céleri
- brocoli



ÉTAPE 1

Lavage des mains et lavage des légumes

ÉTAPE 2

Sortir planche à découper, couteau et
couper les légumes de ton choix

ÉTAPE 3

Prendre 1 cuillère à soupe de mayonnaise et
1 cuillère à thé d'assaisonnement Epicure
de ton choix



June 27 to July 20

This Contest aims to incite counselors to **discover foods by creating a recipe with at least two local ingredients**. Each participant could offer as many recipes as there were participating counselors. The camp could use fresh produce or Power Up Food Cards to create the recipe. The winning recipes are tested and optimized by our dietician then posted on the Fondation website. The winners also receive a local food basket to savour with youth.

Developed with



720

youth made
more aware

96

counselors made
more aware

Super interesting and motivating contest aimed at introducing the concept of eating local and encouraging campers to adopt the practice.

Anonymous comment collected during the evaluation

It was fun working with the kids to find out which foods come from Quebec.

Anonymous comment collected during the evaluation



July 18 to 29

This Contest places the focus on physical activity and promote the **development of motor skills among youth**. The participating counselors had a mission to help the campers discover a maximum number of new skills. For each activity explored and shared with Power Up via Messenger, the counselor has a chance to win one gift card to support their own efforts to adopt healthy habits.

Powered by

Secrétariat
à la jeunesse
Québec



303

active youth

25

active counselors

I really enjoy the Jump into Action Contest, because it gives me several activities to add to my weekly planning. The campers also like having cards that explain the activity so that they can better understand it. I appreciate the way that the contest works, because the campers like having their picture taken (so do I!), it makes them feel special, and it's perfect for capturing them in action!

Anonymous comment collected during the evaluation



July 25 to August 10

This contest celebrates camps that establish a garden. Participants shared their experience with Power Up by providing photos and youth comments and sharing their stories from this beautiful summer adventure, including successes and discoveries. They have a chance to win a local grocery store gift card valued at \$75.

671

gardeners among
campers

97

gardeners among
counselors

The kids enjoyed participating in the plantings (even though the harvest was late). On the whole, our vegetable garden activity was a big success.

Anonymous comment collected during the evaluation

An effort was made to encourage participation in gardening activities, regardless of the financial or material means available to the camp. Fair criteria for winning. Thank you!

Anonymous comment collected during the evaluation

Flexible and adaptive resources to bring initiatives and extraordinary experiences to life

Always on the lookout for social innovations in our field, the Foundation collaborates with numerous partners to create mobilizing tools and make a difference in the lives of young people. This is work that we pursue every year based on our evolving needs.

Tool production focuses on our three areas of intervention:

- **Physical activity:** Development of motor skills, fast-paced games and long activities, discovery of new sports, moving differently, moderate- to high-intensity activities, calming activities, active transitions, and dynamic waiting times.
- **Healthy eating:** Water consumption, culinary workshops, food waste, gardening and germination, sensory exploration and tasting, games and activities focused on discovery, fruit and vegetable consumption.
- **Well-being:** Body image, body diversity, gender stereotypes, inclusion, gratitude, relaxation, screen time, and the use of media filters.

The Tremplin Santé portal offers more than 180 games, activities and tools;
67 ludopedagogical videos and more than 150 recipes.

List of new tools created in 2022

- WEPAH! – HH
- Active stories – HE and PA
- Secrets of Olympia – PA
- Operation G.A.R.D.E.N – HE
- Delicious Misfits – HE
- My Culinary Skills – HE
- Laugh-a-Thon – WB
- I Am Me – WB

Spotlight on WEPAH! – HH



The flagship tool in the summer of 2022 was a game of cards on the theme of healthy habits. Each card featured a different challenge to undertake with the campers. The game can be used throughout the course of the day, but also as an activity that lends greater dynamism to waiting times or transitional periods between activities.

Escape Power Up



Escape Power Up Find a recipe for becoming a super counselor! is Power Up's online game of escape. It is a tool that managers can use to unify their counselors around a team-building game that involves reviewing key messages in connection with healthy habits during pre-camp training activities, but also during the summer.

*During my pre-camp training preparation, I was looking for an idea for speaking about healthy habits in a different way. Given that the camp was a Power Up member, **I looked into the training activities available on the website, and that's where I found Escape Power UP. It was exactly what I was looking for to lend added value to my training activity! This activity is different, and it lets the participants learn through play, which makes the training dynamic.***

I divided my group into two teams, and the activity took place in a spirit of healthy competition between the counselors. They had a lot of fun.

In and of itself, the principle of HH is simple, but often not very concrete for them. This activity lets them see HH in a more concrete matter. I heard them speaking to one another during the gardening challenge, which called for placing the food items in the proper boxes.

The most important thing, for me, was that the activity led to teamwork. I was able to see different profiles within my team of counselors, and to see a team cohesiveness and an ease of communication develop between them.

Jérémie Anctil, camp manager at the Roberval day camp and DAFA-certified trainer.



**Providing exclusive services
to vulnerable communities
and individuals**

Highlights and new developments

Project funding in 2022

14 camps
benefitted
from financial
assistance

1600 young
beneficiaries

Power UP Squad

17 camps supported

77 counselors mobilized

23 became leaders in healthy habits at their camp

629 campers made more aware of healthy habits

The Foundation places vulnerable youth at the heart of all its actions. Our tools and services are designed to offer opportunities for discovery related to healthy habits for everyone: children, teenagers, animators, coordinators and even managers, regardless of their age, personal experience and living conditions. These tools and services are free, which is how we promote access to information.

To further help reduce the harmful consequences of unfavorable living conditions on the health and well-being of vulnerable populations (people or groups with social adaptation problems, living under difficult conditions related to socio-economic status, with risk factors for health associated with significant vulnerability), we have chosen to complement our offer with special services:

- **Vacation grants** so that young people from low-income families can enjoy beautiful vacations in an environment conducive to healthy habits (temporarily cancelled during the last two summers).
- **Project funding** to allow communities to complete their own projects, in addition to the support services.
- **The Power Up Squad** to support counselors working at remote camps or in a vulnerable communities and encourage them to offer young people opportunities to discover healthy habits.

Project funding

Funding is only available to Tremplin Santé members located in more vulnerable communities. They receive support from a member of our team to carry out one or more projects related to healthy habits. In addition to helping vulnerable communities, this program aims to ensure that their project has a greater impact on young people, counselors, and the camp itself.



The following projects received support in 2022:



Municipality of Baie-Saint-Paul, de la Vallée camp: A sports counselor introduced the camp's eight groups (194 campers) to new physical activities not commonly practiced in their daily lives or at school.



Cap-Saint-Ignace playing field: Counselors were introduced to yoga so that they can share what they have learned with the 165 campers during a weekly yoga session.



Centre de loisirs Lachine, Le Phoenix day camp: Some 220 campers were introduced to healthy eating through cooking workshops.



Colonie Sainte-Jeanne d'Arc: Some 190 campers were introduced to gardening and learned about local produce and working in the kitchen.



Municipality of Rivière-du-Loup, Saint-Ludger and Centre-ville camps: Some 300 campers spent one hour a week cooking (2 camps).



Day camp in the municipality of Saint-Mathieu-de-Rieux: Some 18 campers took part in activities revolving around the concept of gardening.



Saint-Adelphe: The 21 participating campers prepared a snack twice a week.



Saint-Augustin Dalmas day camp: The selection of physical activities at camp was broadened with the addition of proper materials.



Saint-Clément playground: Some 22 campers were offered new activities (horticulture, herbalism, yoga, hiking, reading, etc.) that promote healthy habits through play, with a focus on enjoyment.



Service des loisirs Saint-Sulpice day camp: A new physical activity calling for a variety of motor skills was integrated into the program.



Innu Takuaikan Uashat Mak Mani-Utenam, Uashat and Mani-Utenam youth centre: cooking workshops were given to 30 campers to help them become more independent in the kitchen (2 camps, 10 months).



Ville de Sainte-Marie day camp: Some 350 campers learned to better manage their stress and anxiety through well-being activities, physical activity, and healthy eating.



Baie-Saint-Paul camp and its sports counselor

After several years of receiving funding for healthy eating projects, the Baie-Saint-Paul day camp this summer brought its focus to bear on physical activity. The camp developed an innovative method of offering campers a variety of sports activities during the summer: The creation of the position of "sports counselor." In addition to organizing and presenting activities, this counselor's role is to showcase sports to campers in a spirit of fun. During the course of the summer, sports counselor Jean-Thomas offered one sports activity per week to the 200 campers.



"With our sports counselor, we wanted to move away from sports like soccer, which our campers play all the time. We decided to invest in new equipment to give him the means to organize interesting sports activities that are not practiced as often here,"

said Marc-Olivier Bouchard,
recreation and culture counselor.

In this spirit, activities like softball and slackline are offered to the campers during the summer. The sports counselor places the focus squarely on fun and on the process leading to the mastery of a physical ability. In fact, the counselor uses AccroYoga and active travel to help campers develop their balance, and only then are the campers invited to use the acquired skills to practice slackline. This process is instrumental in promoting the inclusion of campers and allowing them to integrate physical activity into their lives.



Uashat and Mani-Utenam youth centres

To meet the challenge of supporting the campers' health and promote their autonomy, the Uashat youth centre established a cooking workshop project spanning the entire school year.

The youth centre is a place where youth from the Sept-Rivières region can gather and participate in various activities: Promotion of Innu culture, film screenings, and recreation activities (ping-pong, society games, etc.). It thus seemed important for the coordinator to teach the campers to cook independently by piquing their culinary curiosity and encouraging them to discover new foods and new ways of doing things.

"I wanted to add a kitchen-based activity to our programming. The objective is to teach the campers to prepare their own lunch or supper by following a recipe in a book or from the Internet. Thanks to the funding we received and the training activities for Power Up counselors, specifically the cooking workshops and the tools available to help them lead an activity in the kitchen, the cooking workshops are now part of the year-round programming at the youth centre."

said David Jean-Pierre, sports and recreation coordinator at Innu TakuaiKAN Uashat Mak Mani-Utenam.

The culinary activities takes the form of one three-hour meeting per month, during which some 30 campers from the two youth centres (Uashat and Mani-Utenam) participated in the activity under the supervision of Mr. Jean-Pierre. The campers draw inspiration from the Power Up tools, but also from local actors offering products connected to Innu culture, and from the appearance of a chief.

"These culinary activities are made possible thanks to the participation of various local organizations and the Fondation Tremplin Santé. We look forward to watching the campers use the cooking materials made available to them to prepare meals in an atmosphere of fun and mutual assistance."

said David Jean-Pierre.

Power Up Squad



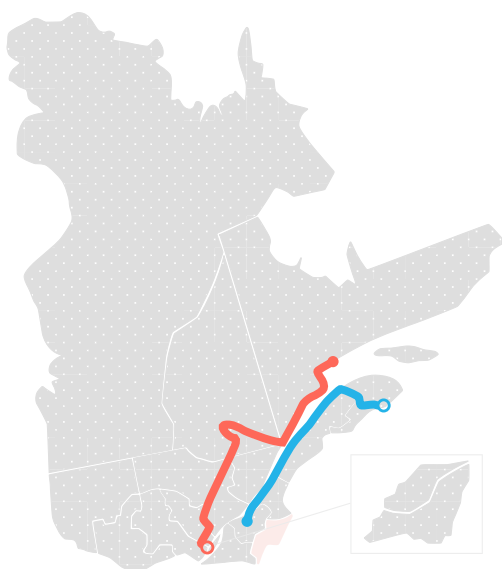
Tremplin Santé's culture of innovation spurred the creation of the "Power Up Squad" pilot project aimed at **supporting counselors working in camps located in vulnerable communities**. This project is intended to inspire them to become healthy habits leaders with young people by inviting them to use Tremplin Santé tools and services.

The Power Up Squad also allows the Fondation to better understand the reality on the ground of the targeted environments and to learn how to better support them in their actions.



The Power Up Squad thus contributes to the development of knowledge in healthy habits among counselors and promotes the emergence of HH leaders across the country by developing each counselor's competence.

In addition, this project strengthens our partnerships with regional actors. Indeed, the selection of camps was done in collaboration with some of their natural allies: the regional sports and recreation units (URLS).



Over a period of three weeks, two teams of ambassadors made up of three students in physical activity and healthy eating traveled to 17 camps across six regions.

Each action plan includes:

- Numerous contacts with each camp manager to identify a summer HH goal and set up the necessary logistics for the arrival of the Power Up Squad.
- Co-creation of the day plan between the TS ambassadors and counselors.
- HH training for the counselors.
- Co-presentation of Tremplin Santé activities.
- Identification and activation of HH leaders so as to continue offering young people opportunities for discovery throughout the summer.

The two teams brought a fresh perspective to bear on the activities offered to kids in each camp visited. Counselors and campers alike appreciated this new approach as well as the feedback and appreciation periods arising from the experience. The energy and tricks that went into these activities sparked the curiosity and engagement of the counselors, who learned first-hand how easy it is to use Tremplin Santé tools. No fewer than 15 different activities were presented by the two teams this summer, including Dance Around the World with gumboots, FUNdamentals to Get Moving, Tasting Expert, Discovering Local Fruits and Veggies with the apple, and I Am Unique.

100% of managers recommend Power Up Squad, with 80% of them strongly recommending them.

Powered by



We had a satisfying communication, very pleasant activities for the campers, and good support for the counselors from the Power Up Squad.

Anonymous comment collected during the evaluation by the Thulé Évaluation team

I would recommend the Power Up Squad to another camp, both for the counselors and the campers: They learn new things and much more! My counselors kept asking me for new Power Up tools during the remainder of the summer.

Anonymous comment collected during the evaluation by the Thulé Évaluation team

A dynamic team gives the counselors ideas for getting the campers involved in the activities. I was able to identify the counselors who showed interest in promoting HH at camp.

Anonymous comment collected during the evaluation by the Thulé Évaluation team

My counselors feel confident about leading HH activities, and they know that their role as counselors goes beyond just presenting the activity. They must act as role models.

Anonymous comment collected during the evaluation by the Thulé Évaluation team

The six Power Up Squad students, through the attitudes they brought to their interactions with counselors and campers, served as inspiring role models for many young counselors.

The two teams inspired counselors to develop a meaningful connection with each camper in their group by making them aware of the importance of:

- Having fun in what they do.
- Being creative by drawing inspiration from the campers' requests to overcome the unexpected or make activities more inspiring.
- Listening to young people by taking time, every day, to share personal experiences with one another.
- Getting involved in activities offered to young people, playing and relaxing with them.
- Establishing a climate of kindness in an effort to create a special bond between each person in the group.

The counselors learned that healthy habits, when creatively addressed, make activities more interesting and pique the curiosity of young people, who are more open and motivated to make discoveries. Some counselors changed their perspective on healthy eating, for example. It became a fun theme that allowed them to be creative while promoting discoveries for young people, according to the evaluation report issued by the Thulé team.

The adventure continues in 2023 with 11 regions added!

Spotlight on experience at the Saint-Mathieu-de-Rieux camp

Bas-Saint-Laurent



This summer, Power Up Squad supported the Saint-Mathieu de Rieux day camp by helping coordinator Geneviève and counselor Julia promote healthy habits (HH) at camp. After some initial exchanges, a daily activity schedule was established, and to facilitate the integration of these new activities in a sustainable manner, the Power Up Squad provided the camp with several tools, including slackline, garden tools, and the WEPAH! game.

For the Physical Activity component, the activities offered to campers allowed them to work on their balancing skills with slackline, and learn a new dance: gumboots. In addition, they practiced their motor skills with handbags and took part in a relay race, also with HandSack.

To ensure that campers enjoy moments of well-being, the Power Up Squad organized several activities: games from Well-being Game Cards, I Am Unique, and WEPAH! card game challenges.



"During my follow-up call, the counselors said that they continued using WEPAH! at least once a day after the Power Up Squad's visit, because the children were demanding their daily challenge!"

said Élodie Rousseau, Power Up Squad

Concerning healthy eating activities, the Power Up Squad presented Tasting Expert, an activity that allowed the campers to explore fruits and vegetables through their senses.

After each activity, the Power Up Squad was able to demonstrate to the counselors the importance of reviewing the activity with the campers and helping them create moments of sharing. This allowed the counselors to identify the activities that the campers liked the most, and the campers to speak about their experience.

"The counselors and the campers appreciated the Power Up Squad's visit this summer,"

said Mikael Jacques, sustainable development coordinator

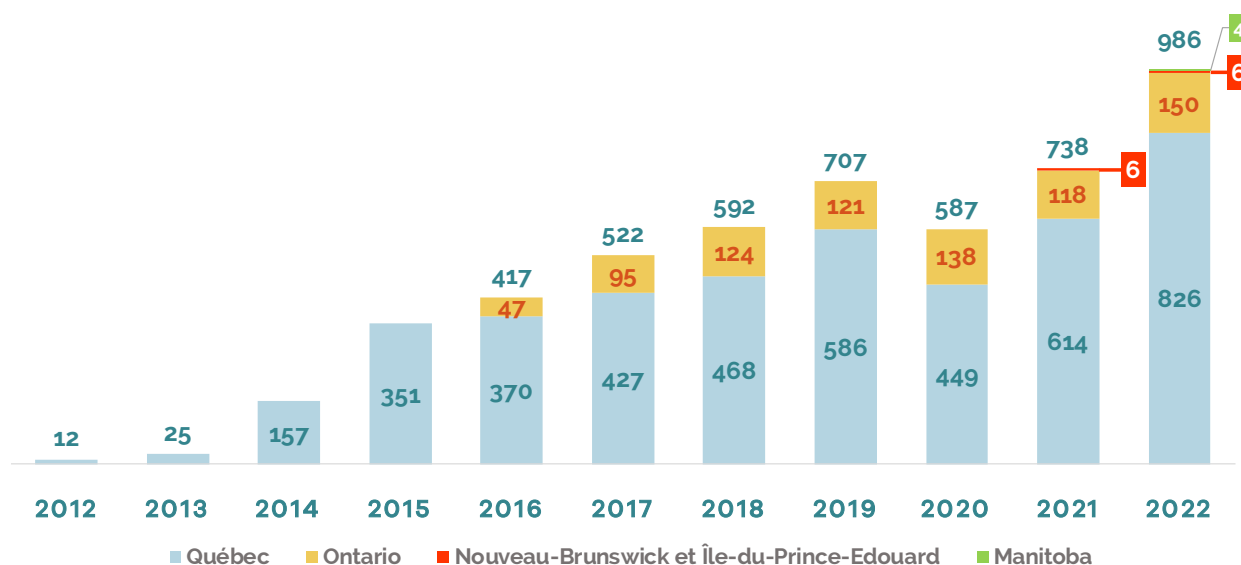
**Pan-Canadian development
so that more people
take action**



Highlights and new developments

986 camps joined the Power Up program

826 in Quebec **150** in Ontario **6** in New Brunswick and Prince Edward Island **4** in Manitoba



Visibility of Tremplin Santé in 2021-2022

+ than 59 000 pages viewed at portail.tremplinsante.ca

1 740 Facebook subscribers

599 Instagram subscribers

200 publications on social media networks

Reach of Tremplin Santé

14 995

counselors helped raise awareness of HH among

208 393 campers

Since its inception, the Fondation has enjoyed steady progress in spite of the pandemic-related issues faced by camp managers. This summer, the managers sustained their efforts and commitment to the health and well-being of campers and their counselors.

In order to support their efforts, we create multiple opportunities to discover and sometimes rediscover the Fondation's tools and services.

Together, members and partners, we're helping to bring about change—which is the main takeaway from Power Up's evaluation: Progress is being made when it comes to physical activity among youth, and the same is true for the knowledge and development of new healthy eating habits.

“Flash Info” mini-capsules to disseminate key information concerning Power Up



“Flash Info” are 15-minute video capsules intended for managers and coordinators; they present key information on a specific subject with the goal of answering frequently asked questions.

Multiple subjects are covered:

Power Up membership – Individual planning in connection with HH – Demystifying Power Up trainings – Gardening at camp – Mealtimes at camp – Cooking workshops at camp – Well-being at camp – Tchín-tchín Challenge in my camp! – TOUGO Challenge *summer camps* – PAUSE Challenge – Golden Legends Contest

Very useful for getting quick access to complete details on a challenge or on the services offered.

Anonymous comment collected during the evaluation

I really like the fact that it didn't take long and that the explanations were crystal clear.

Anonymous comment collected during the evaluation

I appreciated the 15-minute formula!

Anonymous comment collected during the evaluation



2022 Power Up Members list

Quebec Power Up Members

Abitibi-Témiscamingue

Camp de jour de la Ville de Malartic
Camp de jour de Nédélec
Camp de jour des loisirs de Palmarolle
Camp de jour municipal
CJ VM 22
Été en fête 1
Été en fête 2
Été en fête 3
Été en fête 4
Été en fête 5

Bas-Saint-Laurent

Arène de Saint-Fabien
Baie-des-Sables
Camp ado Témiscouata-sur-le-Lac
Camp centre-ville
Camp de jour Saint-Eugène-de-Ladrière
Camp de jour de Causapscal
Camp de jour de Kamouraska
Camp de jour de la Maison des Familles de La Matanie
Camp de jour de la Ville de La Pocatière
Camp de jour de la Ville de Matane
Camp de jour de la Ville de Saint-Pascal
Camp de jour de Mont-Carmel
Camp de jour de Notre-Dame-des-Neiges
Camp de jour de Rimouski
Camp de jour de Rivière-du-Loup
Camp de jour de Rivière-Ouelle
Camp de jour de Sain
Camp de jour de Saint-Donat
Camp de jour de Sainte-Flavie
Camp de jour de Sainte-Hélène-de-Kamouraska
Camp de jour de Saint-Épiphanie

Camp de jour de Saint-Mathieu-de-Rioux
Camp de jour de St-Narcisse-de-Rimouski
Camp de jour Pohénégamook
Camp de jour Sainte-Florence
Camp de jour Saint-Honoré
Camp de jour Saint-Louis-du-Ha! Ha!
Camp de jour Saint-Philippe-de-Néri
Camp de jour Saint-Ulric
Camp de jour St-Adelme
Camp de jour Ste-Félicité
Camp de jour Témiscouata-sur-le-Lac
Camp municipal d'Hébertville
Camp Musical Saint-Alexandre-de-Kamouraska
Camp Parc Cartier
Camp Richelieu Vive La Joie
Camp Saint-Eusèbe
Camp Saint-François
Camp Saint-Ludger
Centre communautaire Michel-Desrosiers
Centre sportif
Loisirs Saint-Arsène
Métis-sur-Mer
Municipalité de Biencourt
Municipalité de Lac-des-Aigles
Municipalité de Les Méchins
Municipalité de Squatec
Municipalité Saint-Alexandre-de-Kamouraska
Terrain de jeu de L'Isle-Verte
Terrain de jeu de St-Vianney
Terrain de jeux de Saint-Clément
Terrain de Jeux Dégelis
Terrain de jeux municipalité St-Jean-de-Dieu

Capitale-Nationale

Arbrisseau
Base de plein air La Découverte
Bergeron
Camp Académie
Camp Bourg-Royal
Camp d'anglais Saint-Sacrement
Camp de jour aux Éboulements
Camp de jour Courcellette
Camp de jour de Clermont
Camp de jour de Donnacona
Camp de jour de la municipalité de Saint-Ferréol-les-Neiges
Camp de jour de L'Ange-Gardien
Camp de jour de l'Isle-aux-Coudres
Camp de jour de Portneuf
Camp de jour de Saint-Aimé-des-Lacs

Camp de jour de Saint-Alban
 Camp de jour de Saint-Casimir
 Camp de jour en environnement du G3E
 Camp de jour Lac-Sergent
 Camp de jour PRSF
 Camp de jour YMCA St-Roch Québec
 Camp de la Vallée
 Camp de pont-rouge
 Camp du Faubourg (Centre communautaire Lucien-Borne)
 Camp le Manoir - CJ
 Camp Le Manoir - CV
 Camp le Manoir - English Camp
 Camp le Manoir - Isle-aux-Coudres
 Camp le Manoir - Notre-Dame-des-Monts
 Camp le Manoir - Saint-Hilarion
 Camp le Manoir - Saint-Urbain
 Camp le manoir- Petite Rivière St François
 Camp le manoir- Saint Aimé Des Lacs
 Camp O' Carrefour
 Camp Patro Laval
 Camp régulier Saint-Sacrement
 Camp spécialisé Saint-Sacrement
 Camp Stimuli
 Centre communautaire des Chutes
 Centre de loisirs Le pavillon Royal
 Centre de loisirs Ulric-Turcotte
 Centre de répit Cité Joie
 Centre écologique de Port-au-Saumon
 Centre Mgr Marcoux
 École de la Ribambelle
 École des Cimes
 École du Sous-Bois
 École secondaire Samuel-de-Champlain
 Écolo-Jour
 English for Teens
 Été Durocher
 Filteau
 Jules-Émond
 Keno_bocages
 Keno_claude-allard
 Keno_cœur-vaillant
 Keno_fernand-séguin
 Keno_laure-gaudreault
 Keno_primevères
 Keno_slf
 Keno_trois-saisons
 La Chanterelle
 Les Sources
 Les Z'Actifs
 L'Odyssée

Loisirs Duberger Les Saules
 Maurice Lortie
 Municipalité de Boischatel
 Noël-Brûlart
 Parc Bon-Pasteur
 Parc de l'Escabelle
 Parc Ferland
 Parc Marchand
 Parc Prévert
 Parc Saint-Louis-de-Gonzague
 Parc St-André
 Parc St-Pierre
 Patro-Vacances
 Programme Animation Vacances
 Programme Vacances-Été de L'Ancienne-Lorette
 Sainte-Geneviève
 Saisonnier
 Terrain de jeux de Saint-Léonard
 Terrain de jeux de St-Urbain
 Terrain de jeux Saint-Gabriel-de-Valcartier
 TouCamp
 YMCA Saint-Roch

Centre-du-Québec

Assomption
 Bécancour
 Camp bio alimentaire
 Camp de jour CCDS
 Camp de jour CCSP
 Camp de jour Daveluyville
 Camp de jour de la municipalité de la Paroisse de Plessisville
 Camp de jour de la municipalité de Saint-Edmond-de-Grantham
 Camp de jour de la municipalité de Saint-Félix-de-Kingsey
 Camp de jour de Laurierville et Inverness
 Camp de jour de Nicolet
 Camp de jour de Sainte-Eulalie, ICI pour S'AMUSER!
 Camp de jour de Saint-Norbert-d'Arthabaska
 Camp de jour de Saint-Wenceslas
 Camp de jour de Saint-Zéphirin
 Camp de jour de St-Ferdinand
 Camp de jour Dekhockey Drummond
 Camp de jour L'Avenir
 Camp de jour Lyster
 Camp de jour Odanak
 Camp de jour Parisville
 Camp de jour Saint-Albert
 Camp de jour Saint-Célestin
 Camp de jour Saint-Cyrille
 Camp de jour Saint-Guillaume

Camp de jour Saint-Majorique
 Camp de Jour Saint-Pierre-Baptiste
 Camp de jour Saint-Rosaire
 Camp de jour Saint-Samuel
 Camp de jour Saint-Valère
 Camp de jour Wickham
 Camp NDH
 Camp Saint-Germain-de-Grantham
 Carré-Versailles
 CCRSJB
 CDJ St-leo
 Club Ados
 CPA Élités sur glace Drummond St-Cyrille
 Des Goélands
 Gentilly
 Les aventuriers de Chester
 Les petits trésors
 Loisirs St-Edmond
 Mgr. Grenier
 Mgr. Milot
 Notre-Dame-Du-bon-Conseil
 OTJ de Ham-Nord
 Pie X
 Sainte-Angèle
 Sainte-Famille
 Sainte-Gertrude
 Saint-Grégoire 1
 Saint-Grégoire 2
 Suzor-Côté
 Vive la « liber été »

Chaudière-Appalaches

APHC St-Joseph
 Breakeyville
 Camp de jour de Berthier-sur-Mer
 Camp de jour de L'Islet
 Camp de jour de la Ville de Sainte-Marie
 Camp de jour de Montmagny
 Camp de jour de Saint-Elzéar
 Camp de jour de Saint-François de la Rivière-du-Sud
 Camp de jour de St-Pierre-de-Broughton
 Camp de jour Fusion de Saint-Anselme
 Camp de jour NEO
 Camp de jour Sainte-Marguerite
 Camp de Jour Saint-Joseph-de-Beauce
 Camp de jour Saint-Joseph-de-Beauce
 Camp de jour Saint-Joseph-de-Coleraine
 Camp de jour Saint-Odilon

Camp de jour Ste-Claire
 Camp de jour St-Louis / Ste-Rose
 Camp de jour Vallée-Jonction
 Camp en folie de Frampton
 Camp Lac-Etchemin
 Centre communautaire La Sorbonne
 Centre communautaire Le Carrefour
 Charny
 Domaine de Gaspé
 École Envol
 École Rose-des-Vents
 École Saint-Luce
 Évasion jeunesse
 Ferme Pédagogique Marichel
 Halte-garderie Maternelle 4 ans
 Le Comité des Loisirs de Saint-Narcisse, Lotbinière inc.
 Les apprentissages ludiques de Montmagny-Sud
 Les camps municipaux ludiques et pédagogiques de Montmagny-Sud
 Les cours de Mme Marie-Eve
 Municipalité de Joly
 Municipalité de La Guadeloupe
 Municipalité de Saint-Honoré
 Municipalité de St-Henri
 MunLeeds
 Odyssé
 OSQ Lévis-Beauce
 Pintendre
 Quatre-Saisons
 Saint-Étienne
 Saint-Romuald
 Société Grand Village
 St-David
 TDJ Saint-Agapit
 TDJ Saint-Bernard
 Terrain de jeu de Notre-Dame-du-Rosaire
 Terrain de jeu de Saint Fabien de Panet
 Terrain de jeu de Sainte-Apoline-de-Patton
 Terrain de jeu Lotbinière/Leclercville
 Terrain de Jeux de Beaumont
 Terrain de jeux de Cap-Saint-Ignace
 Terrain de jeux de Saint-Édouard-de-Lotbinière
 Terrain de jeux de Sainte-Euphémie-de-la-Rivière-du-Sud
 Terrain de jeux de Sainte-Lucie-de-Beauregard
 Terrain de Jeux de Saint-Isidore de Beauce
 Terrain de Jeux de Saint-Paul-de-Montminy
 Terrain de Jeux de St-Pamphile
 Terrain de jeux Dosquet
 Terrain de jeux la Rigole
 Terrain de jeux Saint-Antoine-de-Tilly

Terrain de jeux Saint-Gédéon
Terrain de jeux Scott
Terrain de jeux Ste-Agathe-de-Lotbinière
Terrain de jeux St-Ephrem
Terrain de jeux unifié Saint-Camille, Saint-Magloire, Sainte-Sabine
Ville de Dosquet
Ville de Joly
Woodoolicamp

Côte-Nord

AnimaSport
Bande estivale
Camp de jour
Camp de jour de Foorestville
Camp de jour de la Municipalité du village de Tadoussac
Camp de jour de Pointe-aux-Outardes
Camp de jour de Sacré-Coeur
Camp de Jour d'Explos-Nature
Camp de jour Mani-Utenam
Camp de jour Uashat
Écolo-Jour
Le camps de Les Escoumins
Terrain de jeux
Terrain de jeux de Havre-Saint-Pierre
Ville de Fermont

Estrie

Bishop's Day Camp - Camp de jour de Bishop's
Camp cats
Camp de jour d'Ascot Corner
Camp de jour de Lambton
Camp de jour de Sutton
Camp de Jour Eastman
Camp de jour Massawipi
Camp de vacances Massawipi
CAP
Club été Magog
École Quatre-Vent Union
Loisirs Act-Famille
Loisirs Saint-Adrien
Municipalité de Wotton
O.T.J. Audet
OTJ Lac-Mégantic
PDL
SAE
SAE Courcelles

SAE de Ste-Cecile-de-Whitton
SAE Lac-Drolet
Service d'animation estival de Dudswell
Service d'animation estivale de la municipalité de Saint-Claude
Viens t'amuser j'ai une place pour toi
Waterloo

Gaspésie-Îles-de-la-Madeleine

Base de plein air de Bellefeuille
Camp Chanson
Camp de jour de Cap d'Espoir
Camp de jour de Maria
Camp de jour de Pointe-à-la-Croix
Camp de jour Intermunicipal AJHC (Mont-Louis)
Camp de jour les griffons d'anse
Camp de jour Lions
Camp sportif
Camp sportif
Été Jeunesse Gaspé
Grande-Rivière
Le Camplinôt
Les petits Samourais
Nouvelle Gaspésie
Shigawake Day Camp
Terrain de jeux de St-Maurice de l'Échouerie
Terrain de jeux Les Renard'Eaux

Lanaudière

Camp BiZz
Camp de jour Saint Damien
Camp de jour Bosco
Camp de jour Cirkana
Camp de jour de Crabtree
Camp de jour de la Municipalité de Saint-Calixte
Camp de jour de la Ville de Joliette
Camp de jour de Lavaltrie
Camp de jour de Notre-Dame-des-Prairies
Camp de jour de Saint-Alexis
Camp de jour de Saint-Thomas
Camp de jour de Saint-Zénon
Camp de jour estival du Service de Loisirs St-Sulpice
Camp de jour Saint-Ambroise
Camp de jour Saint-Damien
Camp de jour Sainte-Béatrix
Camp de jour Saint-Gabriel
Camp de jour Saint-Ignace
Camp de jour Saint-Norbert

Camp de jour Ste-Marcelline
Camp de jour ville de l'Assomption
Camp de jour Ville de Mascouche
Camp familial St-Urbain
Camp Héron
Camp Mariste
Camp musical Père Lindsay
GymnO Lanaudière
La Tornade
Les amis de la déficience intellec
Municipalité Saint-Didace
Royaume des Diablotins
Saint-Félix-de-Valois
Saint-Paul

Laurentides

Base de Plein Air Mont-Tremblant
CAMMAC
Camp " Je bouge"
Camp Amy Molson
Camp Carowanis
Camp de jour
Camp de jour - Ville de Sainte-Thérèse
Camp de jour de Chute-Saint-Philippe
Camp de jour de Ferme-Neuve
Camp de jour de la Ville de Rosemere
Camp de jour de Mont-Laurier
Camp de jour de Prévost
Camp de jour de Saint-Rémi-d'Amherst
Camp de jour La Toupie
Camp de jour Lac-des-Écorces
Camp de jour Magicoparc
Camp de Jour Saint-Aimé-du-Lac-des-Iles
Camp de jour Saint-Donat
Camp de jour Ville de Lachute
Camp de jour ville de Saint-Colomban
Camp de vacances
Camp de vacances Base de Plein Air Jean-Jeune
Camp quatre saisons
Camp Soleil
Camp Soleil
Camp Taloup
Campuces de Piedmont
Centre Notre-Dame de la Rouge
Centre RécréoAquatique
Club des Aventuriers
École de la Renaissance
École de l'Envolée

École Henri-Dunant
Evolution - Camp trilingue et innovation
Kanawana
Le P'tit Bonheur
Les aventuriers de Brébeuf
L'été à La Zone
Municipalité d'Oka (camp de jour d'Oka)
Parc Équestre
SOS Intégration

Laval

Alfred-Pelland
Aquarelle
Camp de jour Bouffe-Nature
Camp de jour Carrefour Multisports
Camp de jour Carrefour Multisports
Camp de jour cycliste Espoirs
Camp LRC en Folies
Coeur-Soleil
Collège laval
Concentration Sportive
De la Cime
Des Aventuriers
Des Cardinaux
Des Cèdres
Du Boisé
Fleur-Soleil
GymnO Laval
Initiation Sportive
J.Jean-Joubert
Jean-Lemonde
La Halte de l'Orchidbleue
Le Tandem
L'Envol
Léon-Guilbault
L'Harmonie
Loisirs Ste-Dorothée
Loisirs Ste-Dorothée
L'Orée-des-Bois
Maison de la Famille de St-François
Père Vimont
Pierre-Laporte
Raymond
Saint-François
Saint-Paul
Terrain de jeux Sainte-Hénédine
Trois-Soleils
Val-des-Ruisseaux

Mauricie

Association pour la déficience intellectuelle et du trouble du spectre de l'autisme Centre-Mauricie/Mékinac

Beliveau

Boucamp

Camp de jour de Grandes-Piles

Camp de jour de la Municipalité de Saint-Boniface

Camp de jour de la Municipalité de Saint-Élie-de-Caxton

Camp de jour de la Ville de Shawinigan

Camp de jour de St-Adelphe

Camp de jour de Ste-Thècle

Camp de jour Le Sablotin

Camp de jour Mont-Carmel

Camp de jour Saint-Alexis-des-Monts

Camp de jour Saint-Narcisse

Camp de jour Ste-Geneviève-de-Batiscan

Camp de jour St-Séverin

Camp de jour St-Stanislas

Camp de jour Yamachiche

camp de l'île St-Quentin

Camp des Mini Pats

Camp SAE La Pérade

Camp Val Notre-Dame

Centre Jean-Noël Trudel

Centre Loisir Multi-Plus

Chalet des Loisirs de Saint-Justin

Domaine scout St-Louis-de-France

L'œuvre des terrains de jeux de Charette inc.

maison coup de pouce

Maison Grandi-Ose

Migrateurs

Municipalité de Champlain

Municipalité Saint-Léon-le-Grand

Parents Partenaires

Ruelle Animée

Monteregie

Adréraline

Association PAUSE

Brossard

Camp 8-12 ans

Camp Crouch

Camp de jour - Centre Plein Air Notre-Dame-de-Fatima

Camp de jour du Chêne-Bleu

Camp de jour - Ville de Chambly

Camp de jour Alextra

Camp de jour Anima-Jeunes

Camp de jour Assomption

Camp de jour de Bedford

Camp de jour de Contrecoeur

Camp de jour de la Ville de l'Île-Perrot

Camp de jour de la ville de Saint-Jean-sur-Richelieu

Camp de jour de la Ville de Saint-Philippe

Camp de jour de la ville de Varennes AES

Camp de jour de Marieville

Camp de jour de Pincourt

Camp de jour de Saint-Jean-Vianney

Camp de jour EAU CAMP

Camp de jour Ensoleillé

Camp de jour les Coteaux

Camp de jour Les Explorateurs du Grand-Longueuil

Camp de jour municipal de Saint-Jean-Baptiste

Camp de jour Napierville & Saint-Cyprien

Camp de jour Rivière-Beaudette

Camp de jour Sac-Ado

Camp de jour Sainte-Angèle-de-Monnoir

Camp de Jour Sainte-Cécile-de-Milton

Camp de jour Sainte-Marie-Madeleine

Camp de jour Saint-Hugues

Camp de jour Saint-Zotique

Camp de jour scientifique du CIER

Camp de jour Ste-Hélène

Camp De Jour Ste-Martine

Camp de jour St-Joseph

Camp de jour St-Stan

Camp de jour Yamaska

Camp de la ville de Candiac

Camp de Vacances - Centre Plein Air Notre-Dame-de-Fatima

Camp des 5-7 ans

Camp Harwood

Camp Hymne-au-printemps

Camp l'Adrén'ado

Camp Meli-Melo Beloeil

Camp Meli-melo MSH

Camp POUF !

Camp Ste-Michel

Camp Ste-Trinité

Camps Amis et Camps Thématiques

Camps de jour St-Marcel-de-Richelieu

Camps sportifs

Candiac

CDJ Ste-Victoire

Centre de la nature

Centre de plein air l'Estacade (CV)

Centre de Plein Air l'Estacade (CJ)

Club Ados

Colonie des Grèves

CVJ 1 (St-André)

CVJ 10 (Ste-Marie)

CVJ 13 (Escale)

CVJ 14 (Sport)

CVJ 2 (Assomption)

CVJ 3 (Bâtisseurs)

CVJ 4 (Envolée)

CVJ 5 (Eurêka)

CVJ 6 (Ste-Famille)

CVJ 7 (Haute-Ville)
 CVJ 8 (Joseph-Poitevin)
 CVJ 9 (St-Marc)
 École Billings
 École Centennial Park
 École de la Rive
 École des Trois-Sources
 École Gabrielle-Roy
 École Harmony
 École Laberge
 École Marc-André-Fortier
 École Marguerite-Bourgeois
 École nationale d'aérotechnique
 École Notre-Dame-de-l'assomption
 Ecole primaire de Normandie
 École Saint-Jean-Baptiste
 École Saint-Jude
 Explorateurs de Longueuil
 Folies d'Été
 Gérin-Lajoie
 Jeux d'été Roxton Falls
 L'Énergique
 La Colonie Sainte-Jeanne d'Arc
 La Croisée de Longueuil
 La Maisonnnette Berthelet
 Le Blaisir Fou (Complexe sportif)
 Le camp de jour des Quatre-Vents
 Le Nature
 L'École des Petits Explorateurs
 Les Barbaparents
 Les Boutd'Choux
 Les camps de jour de la Ville de Carignan
 Les Cuisines collectives de la Montérégie
 Loisirs La Providence
 Longueuil (Agora)
 Longueuil (Bienville)
 Longueuil (Boisvert)
 Longueuil (Club Optimiste Laflèche)
 Longueuil (École Charles-LeMoine)
 Longueuil (Immaculée-Conception)
 Longueuil (Jardin-Bienville)
 Longueuil (Labrosse)
 Longueuil (Meunier)
 Longueuil (Sainte-Agnès)
 Longueuil (Saint-Edmond)
 Longueuil (St-Joseph)
 Longueuil (St-Thomas-de-Villeneuve)
 Louis-Philippe-Paré
 Maison des Jeunes Le Break
 Otterburn Park
 Parc Davignon
 Parc Michel-Chartrand
 Pavillon des Loisirs
 Plaisirs d'Été

Plaisirs d'été
 Récréofun (Saint-Bruno)
 Ribonjeux
 Scouts Saint-Basile
 St-Amable
 St-André
 St-Charles-sur-Richelieu
 St-Denis-sur-Richelieu
 St-Marc-sur-Richelieu
 St-Mathias-sur-Richelieu
 Terrain de jeux de Saint-Joseph-de-Sorel
 Varennes
 Verchères
 Ville de Saint-Césaire

Montréal

Alphonse-Desjardins
 Association sportive et communautaire du Centre-Sud
 Atelier 850
 Camp Ados
 Camp artistique
 Camp Aventuriers
 Camp Centre Communautaire Walkley
 Camp DAFA
 Camp de jour d'été de La Maisonnnette des parents
 Camp de Jour Dollard-des-Ormeaux 1
 Camp de Jour Dollard-des-Ormeaux 2
 Camp de Jour Dollard-des-Ormeaux 3
 Camp de Jour Dollard-des-Ormeaux 4
 Camp de Jour Dollard-des-Ormeaux 5
 Camp de jour Jardin William
 Camp de jour Lajeunesse
 Camp de jour Loisirs Saint-Henri
 Camp de jour Masson
 Camp de jour Notre-Dame-de-l'Île-Perrot
 Camp de jour Pro-Actif santé
 Camp de jour Sainte-Catherine d'Alexandrie
 Camp de jour Sports Montréal
 Camp de jour Walkley
 Camp de jour Monseigneur Pigeon
 Camp des Arts
 Camp Flic et Flac
 Camp Gymnitours
 Camp Jeune Aire
 Camp Kinkora
 camp le Phoenix du Centre de loisirs de Lachine
 Camp multi-sports
 Camp NDV
 Camp régulier arena René-Masson
 Camp régulier Denise-Pelletier
 Camp SALEM
 Camp Scientifique
 Camp spécialisés
 Camp sportif

Camp Sportif et Camp Académique
 Camp sports
 Camp St-André Apotre
 Camp Toujours ensemble
 Camps & Formations
 Cap explorateurs
 Centre du Plateau
 Centre Père-Marquette
 Centre Plein Air L'Étincelle
 Centre Sablon
 Château d'eau
 Chaumière
 Chauveau
 Chemins du Soleil
 Chrysalis camps
 Club de vacances St-Donat
 Collège de Bois-de-Boulogne
 Concordia-Camp Beaux-Arts
 Corporation du Centre Jean-Claude-Malépart
 Exploration
 HitFit
 Les Amis du Parc
 Les camps d'été LBI
 Les camps d'été LBI
 Les Enfants D'abord
 Les Snorows
 Les Stoukises
 Loisirs LD
 Loisirs St-Justin
 Mes Premiers Jeux
 Montchâtel
 Montréal Futsal Club
 Parc-Soleil
 Patro Villeray
 Paul-Comtois
 Pavillon des voyageurs
 RAV
 Re-crea
 Relais du Bout
 Sainte-Barnadette
 Service des loisirs St-Fabien
 Simonne-Monet
 St-Jean de la Croix | CPM
 Touche-à-tout
 Westmount YMCA Preschool Camp
 YMCA Cartierville
 YMCA Centre-Ville
 YMCA Notre-Dame-de-Grâce
 YMCA Ouest-de-l'île
 YMCA Parc
 YMCA Pointe-Saint-Charles
 YMCA Westmount

Nord-du-Québec

Camp de jour de Chapais
 Camps Disney

Outaouais

5-7 ans école Quatre-Vent Union
 8-11 ans école Quatre-Vent Belvédère
 Air en fête - COLLÈGE ST-JEAN-VIANNEY
 Air en fête - COMPLEXE JC PERREAULT
 Air en fête - JEAN-EUDES
 Air en fête - Laval
 Air en fête - LES CÉDRES
 Air en fête - MIRABEL
 Air en fête - POINTE-DES-CASCADES
 Air en fête - ROSEMÈRE
 Air en fête - ST-LOUIS-DE-GONZAGUE
 Air en fête - TERRASSE-VAUDREUIL
 Air en fête - TERREBONNE
 Air en fête - BLAINVILLE
 Air en fête - CANDIAC
 Air en fête - REPENTIGNY
 Air en fête - VAUDREUIL-DORION
 Altitude Gym - Gatineau
 Altitude Gym - Kanata
 Camp d'été du Centre Meredith
 Camp de jour de la municipalité de Val-des-Monts
 Camp de jour de la municipalité de Val-des-Monts- PERKINS
 Camp de jour de la municipalité de Val-des-Monts- ST-PIERRE
 Camp de jour de Papineauville
 Camp de jour Groupe Communautaire Deschênes
 Camp de jour Kinéactif
 Camp de jour Les Formidables
 Camp de jour Saint-André-Avellin
 Camp de quartier
 Camp des Bouleaux
 Camp le Terrier
 Camp Ozanam
 Camp SAJO
 Camp Val-des-Bois/Bowman
 Campbells Bay MDJ Summer camp
 Camps de jour du Relais
 Cépages (Enfex)
 Cheval Blanc 1 (ENFEX)
 Cheval Blanc 2
 École de l'Amérique française
 École de la Forêt
 École des Cavaliers (ENFEX)
 École des Deux-Ruisseaux 1, ENFEX
 École des Deux-Ruisseaux 2
 École des Tournesol Petite Ourse
 École des Tournesols (ENFEX)

École du Boisé
 École du Sacré-cœur
 École du village immeuble Limoges
 École Internationale du Mont-Bleu
 École Lac-des-Fées
 École primaire de Touraine (GEC)
 École primaire du Dôme
 École Saint-Jean-de-Bréboeuf
 École Saint-Laurent
 École Saint-Rédempteur
 École South Hull
 École St-Michel
 Écoles aux Quatre-Vents
 Écoles du Marais
 Édifice Jean-René-Monette
 Envolée 1 (ENFEX)
 Envolée 2
 FC Gatineau - stage avancé
 FCGATINEAU - camp de jour
 Le camp de l'Amitié
 Nouvel Ère
 Nouvelle-Ère
 Rapides des Joachims - MDJ Summer camp
 Sablonnière 1
 Sablonnière 2 (Enfex)
 St-Paul/Symmes
 Wakiton (CCM)

Camps de jour Chicoutimi-Sud
 Camps de jour Jonquière
 Camps de jour La Baie
 Chef actif
 Cool Summer Camp
 LA PETITE ÉCOLE
 Les Minis-Loups
 Mamo Metwatan CAALSJ Alma
 Mamo Metwatan CAALSJ Roberval
 Patro-Été
 Saint-Gédéon
 Service des Loisirs de Saint-Félicien

Saguenay-Lac-Saint-Jean

Camp de jour de Petit-Saguenay
 Camp de jour de Saint-Charles-de-Bourget
 Camp de jour de Sainte-Rose-du-Nord
 Camp de jour de Saint-Nazaire
 Camp de jour de Saint-Prime
 Camp de jour d'Hébertville-Station
 Camp de jour Dolbeau-Mistassini
 Camp de jour Jonquière
 Camp de jour la Grande aventure
 Camp de jour l'Ascension
 Camp de jour municipal de l'Ascension-de-Notre-Seigneur
 Camp de jour municipal Saint-Thomas-Didyme
 Camp de jour Municipalité Girardville
 Camp de jour Rivière-Éternité
 Camp de jour Roberval
 Camp de jour Saint-Anselme
 Camp de jour Saint-François-de-Sales
 Camp de l'Université de Québec à Chicoutimi
 Camp de St-Augustin
 Camp des Débrouillards Alma
 Camp des Débrouillards Chicoutimi
 Camp des Débrouillards Jonquière
 Camps de jour Chicoutimi-Nord

Ontario and other provinces Power Up Members

Hamilton - Niagara Peninsula

Jeunesse en mouvement
RSCC-11-Niagara Falls
RSCC-12-St. Catharines
RSCC-13-Brantford
RSCC-14-Hamilton-MacNab
RSCC-15-Hamilton-Valley Park

Kitchener - Waterloo - Barrie

RSCC-10-Cambridge
RSCC-34-Bradford
RSCC-35-Barrie
RSCC-40-North York- Cummer
RSCC-4-Guelph
RSCC-5-Kitchener-Wilson Park
RSCC-6-Kitchener-Forest Heights
RSCC-7-Kitchener-Idlewood Park
RSCC-8-Waterloo-Moses Springer
RSCC-9-Waterloo-Waterloo Park
WRC Summer Camps

London

RSCC-1-London-Evelyn Harrison
RSCC-2-London-White Oaks
RSCC-3-London-Banting

Ottawa

Camp Alain Fortin
Camp Bob MacQuarrie
Camp d'été 4 Saisons
Camp d'été L'Original
Camp François-Dupuis

Camp Goulbourn
Camp Heron
Camp Hunt Club
Camp Minto
Camp Overbrook
Camp Pierre-Elliott-Trudeau
Camp Ray Friel
Camp Richcraft
Camp Richelieu-Vanier
Camp Routhier/Sandy Hill
Camp Shenkman
Camp Splash
Camp STG
Camp St-Laurent
Campus Holland-Landing
Campus Maple
Campus Richmond Hill
Centre éducatif les petits trésors
Centre Parascolaire Alpha 3-12
Champlain Day Camp VH
Clémentine BGM
Clémentine Gabrielle Roy
Clémentine Jonathan Pitre
Clémentine Marie-Curie
Clémentine Michel-Dupuis
Garderie Carrefour Jeunesse
Garderie Rockland Public
Garderie Sacre-Coeur
Garderie Ste-Felicite
Garderie Ste-Trinite
Garderie St-Jean
Garderie St-Jean 5-6ans
Garderie St-Mathieu
Garderie St-Patrick
Girls Summer camp
Kawabunga
La Coccinelle, site De La Découverte
Les Petits Trésors
Patro d'Ottawa
Pavillon La croisée
Pavillon Limoges
Pro+ Sports
Red Pine Leadership Camp
RSCC-47-Nepean
RSCC-48-Ottawa - Brewer Park
RSCC-49-Ottawa-Pinecrest Park
Soleil des petits Nouvel-Horizon
Soleil des petits PAUL VI
St-Isidore Summer Camp

Toronto

Alliance Française Toronto - Mississauga Campus
Camp de la Relache
Camp Tournesol
Camps d'été du Csc MonAvenir
Centre Éducatif À petits pas
Gaderie La Flambeau- Mississauga
Gaderie Saint-Noel-Chabanel-Toronto
Garderie Carrefour des jeunes-Brampton
Haber CC
Les Coccinelles
Little Champ Camp
MFC - Hamilton
MFC - Mississauga - Site principal
Reaching Up
RSCC-16-Burlington-Central
RSCC-17-Burlington - Nelson
RSCC-18-Oakville
RSCC-19-Milton
RSCC-20-Mississauga-Cawthra
RSCC-21-Mississauga- Iroquois Flats
RSCC-22-Mississauga-River Grove
RSCC-23-Mississauga- Lake Aquitaine
RSCC-24-Brampton-Earnscliffe
RSCC-25-Brampton-Century Gardens
RSCC-26-Maple
RSCC-27-Woodbridge
RSCC-28-Thornhill
RSCC-29-Richmond Hill-Trillium Woods
RSCC-30-Richmond Hill-Ross Doan
RSCC-31-Markham
RSCC-32-Aurora
RSCC-33-Newmarket
RSCC-36-Etobicoke-Parkfield
RSCC-37-Etobicoke-Westmount
RSCC-38-North York-Irving Chapley
RSCC-39-North York- Van Horne
RSCC-41-Scarborough
RSCC-42-Pickering
RSCC-43-Ajax
RSCC-44-Whitby
RSCC-45-Oshawa
RSCC-46-Kanata
RSCC-50-Orléans
Skills For Change
Tansley Woods
YMCA GTA-10-Brampton Heart Lake YMCA
YMCA GTA-11-Marham_Rudy_Bratty
YMCA GTA-12-Markham Fairgrounds YMCA
YMCA GTA-14-Markham YMCA
YMCA GTA-16-Milton E.C. Drury Y
YMCA GTA-17-Milton Hitherfield YMCA
YMCA GTA-19-Mississauga Burnhamthorpe YMCA
YMCA GTA-1-Acton_Park_Avenue

YMCA GTA-23-Oshawa Maxwell Heights YMCA
YMCA GTA-24-Pickering Petticoat Creek YMCA
YMCA GTA-25-Richmond Hill Lake St. George YMCA
YMCA GTA-26-North York
YMCA GTA-28-Stouffville Bruce's Mill YMCA
YMCA GTA-30-Cedar Glen Outdoor Centre
YMCA GTA-31-Toronto Central YMCA
YMCA GTA-32-Toronto Cooper Koo YMCA
YMCA GTA-33-Toronto Island East YMCA
YMCA GTA-34-Toronto Beaches YMCA
YMCA GTA-36-Toronto Scarborough Town YMCA
YMCA GTA-37-Toronto Shaw Street YMCA
YMCA GTA-38-Toronto Toronto Leslie StreetYMCA
YMCA GTA-39-Toronto Roxborough Drive
YMCA GTA-40-Toronto West End College St. YMCA
YMCA GTA-41-Toronto Island West YMCA
YMCA GTA-43-Toronto Fieldstone
YMCA GTA-44-Toronto_Broadview Avenue
YMCA GTA-48-YMCA-Brooklyn-Chris-Hadfield
YMCA GTA-50-YMCA-Oshawa-Mary-Street
YMCA GTA-5-Brampton Union St. YMCA
YMCA GTA-9-Georgetown Silvercreek YMCA

Île du Prince Édouard

Camp Phoenix

Manitoba

Birtle Summer Day Camp
Fun Under the Sun Day Camp
Miniota Summer Day Camp
PSP Summer Camps

Nouveau-Brunswick

Abony Family Tennis Center
Camp Canak
Camp Dragonfly
NBRU Rookie Rugby Day Camps
Shiktehawk Bible Camp





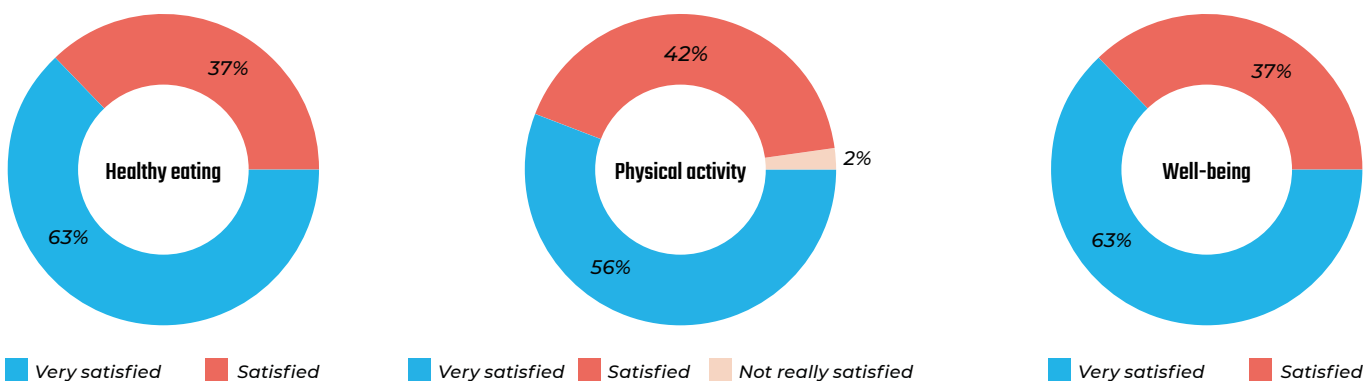
Impacts of the Fondation Tremplin Santé

*Excerpts from the evaluation report, highlights**

The Fondation Tremplin Santé has engaged in a continuous improvement process. Each year, therefore, its program is subject to an evaluation by a team of researchers. Since 2019, this evaluation has been conducted by a team made up of Jennifer Yessis, Associate Professor at the University of Waterloo's School of Public Health Sciences, Vicky Drapeau, Full Professor at the Université Laval, and five graduate students (doctoral and masters-level) at the Université Laval, the University of Waterloo and the University of New Brunswick.

Counselors appreciate Power Up training activities

Our training activities (see page 9 for further details) are highly appreciated by counselors, regardless of the theme of the activity. These levels of satisfaction on the part of counselors show that our virtual training offer is a great success and should be retained, as a training strategy, together with in-person training activities, which could resume gradually.



Key Takeaways:

100% of counselors were satisfied with the training on healthy eating and well-being, and 97% were satisfied with the physical activity training.

*During their visits to the camps, the evaluators use anonymous questionnaires for a pre-post data collection from counselors and campers, as well as the SOPLAY and SOSPLAN observation tools. The evaluations take place in June (before and after the training activities), then again at the beginning (early July) and at the end of the camps (early August).

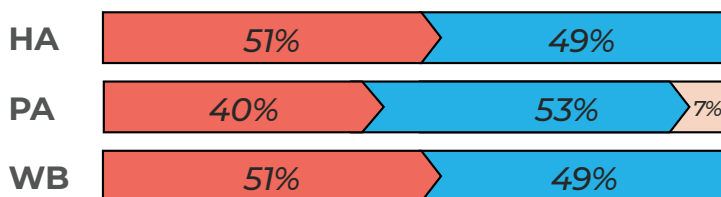
A feeling of personal effectiveness at a high level among counselors following our training

The evaluation of our training activities also looks at the extent to which participants develop a feeling of personal effectiveness in implementing the knowledge and tools made available to them during training. Three elements are examined more specifically:

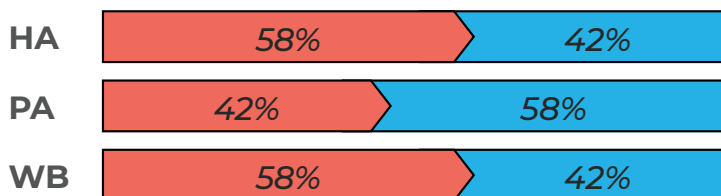
- 1) Belief in one's ability to use Power Up tools.
- 2) Intention to use Power Up tools.
- 3) The perception that the training activities will help promote healthy habits among campers.

The results in connection with these three components reflect high levels of satisfaction. Regardless of the theme (healthy eating, physical activity or well-being), the counselors feel capable of using the training tools (all, several tools, or some of them). All the counselors stated that they intended to use Power Up tools. Finally, the interviewed counselors unanimously confirmed that Power Up tools will help them promote healthy habits among young people.

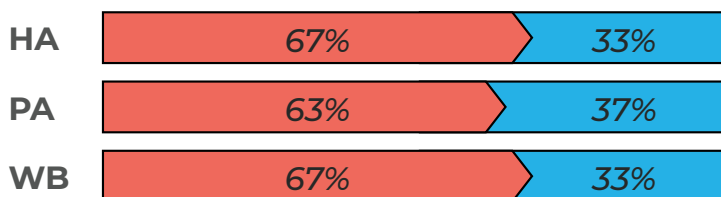
Ability to use Power Up tools in 2022*



Intention to use Power Up tools in 2022*



Power Up tools are usefull to promote HH in 2022*



Key Takeaways:

At the conclusion of the training, 100% of counselors stated that they felt capable of using our tools on healthy eating, physical activity, and well-being, with 100% also stating that they intended to use them, and 100% stating that the training would help them promote healthy habits among young people.**

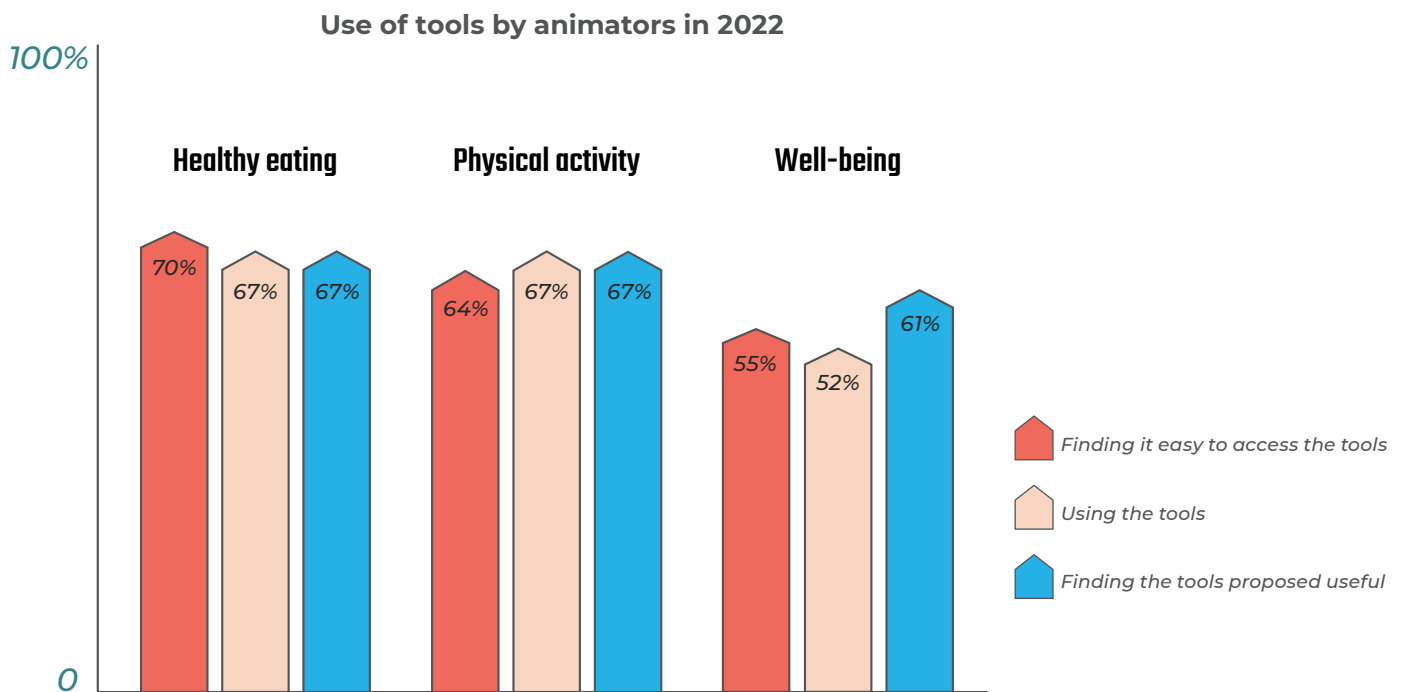
(*) Only selected answers are indicated.

(**) Post-training surveys are anonymous.

A growing appropriation of the Power Up program by camp counselors

The highly favourable response to our tools during the training was confirmed during summer. Over the years, more and more counselors have stated that they use them.

At the end of the summer of 2022, the counselors surveyed stated that they had easy access to Power Up tools, notably those related to healthy eating. The impact indicators measured at the end of the summer served to corroborate the initial results, collected at the conclusion of training activities in June, in relation to their intention to use our tools. What's more, they stated that they found Power Up's healthy eating and physical activity tools useful.



Key Takeaways:

This summer, two-thirds of counselors reported using them for activities in connection with eating and physical activity, finding them easy and useful.

Well-being remains quite new in most camps, and fewer counselors reported using these tools (52%).

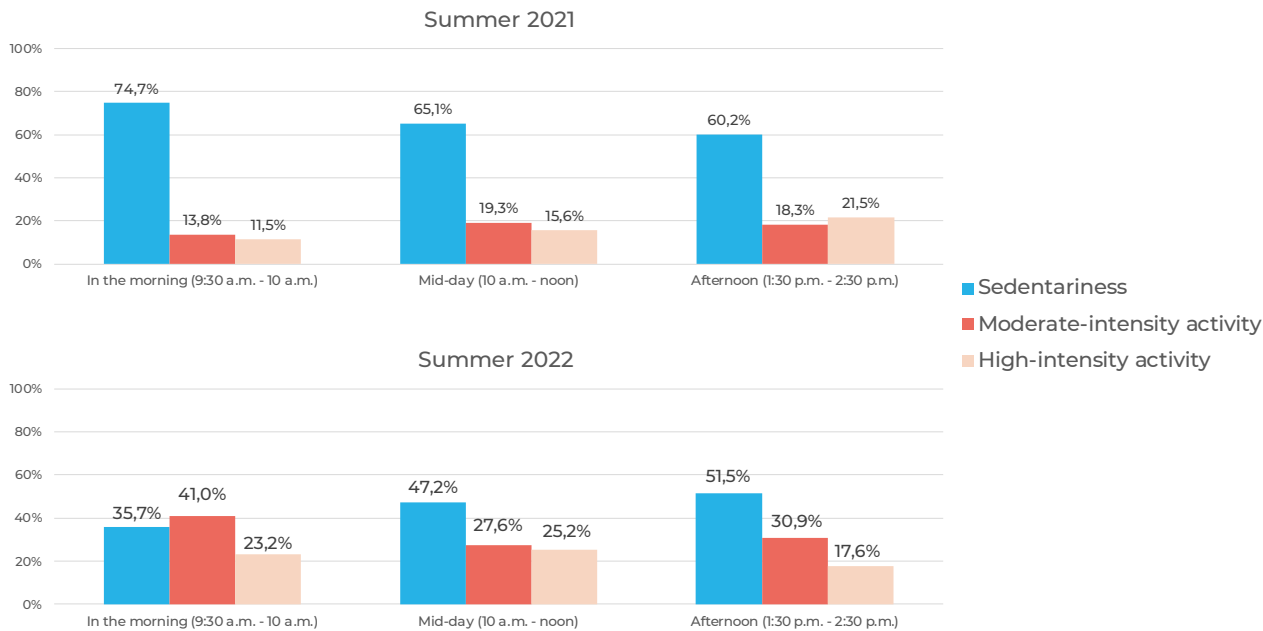
Sedentariness in youth: Some encouraging signs

The camps, increasingly, offer an environment that encourages physical activity.

Observations made by evaluators using the SOPLAY grid at three different times of the day:

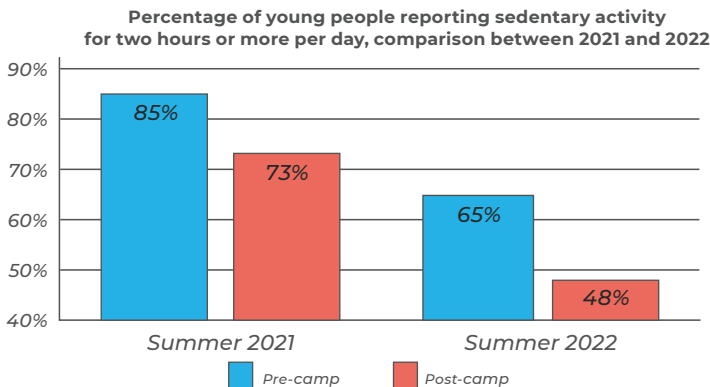
- A decrease in sedentariness compared to last year at any time of day (in blue on the graph).
- A strong increase in moderate intensity activities (in pink) and a slight improvement in high-intensity activities (in red).

Level of observed youth activity (SOPLAY), comparison between 2021 and 2022



The young people surveyed reported being less sedentary before and after the summer. This trend was observed in two ways:

- A significant drop, between summer 2021 and summer 2022, in the number of young people reporting sedentary activity for two hours or more per day. A decrease of 20 percentage points at the beginning of summer and 25 points after a summer camp.
- A significant decrease, during the summer, in the number of young people reporting sedentary activity for two hours or more per day.



Key Takeaways:

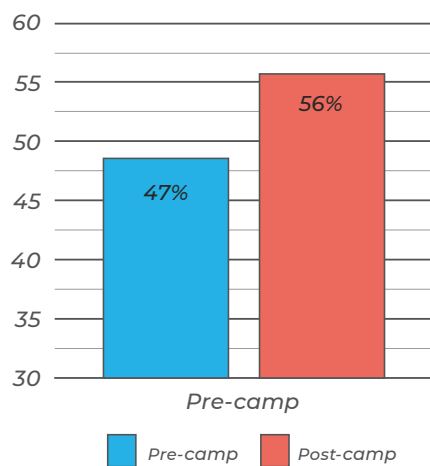
Sedentary behaviour in young people tends to decrease in the camps participating in the Tremplin Santé program evaluation.

Healthy eating among young people gradually improved after a summer camp.

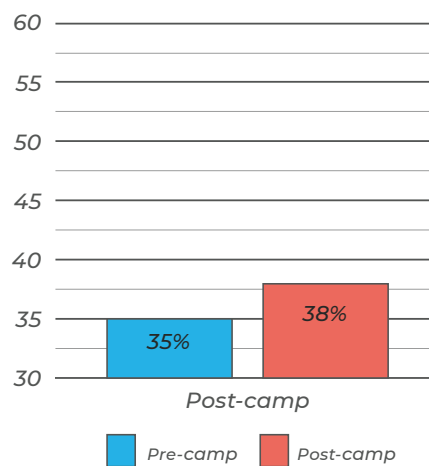
Our Tchín-tchín Challenge in my camp encourages young people and counselors to choose water as the best camp drink throughout the day. Water consumption continued to increase over the summer: bravo! One hundred percent of counselors and 56% of campers reported drinking more than four glasses per day.*

Daily consumption of fruits and vegetables remains insufficient. Although there was a slight increase during the summer, only 38% of campers reported eating at least five servings of fruits and vegetables per day.* Still, this result exceeded the average daily consumption of fruits and vegetables of 30.7% for the population of Quebec as a whole**. We must step up our efforts to encourage young people to consume more fruits and vegetables.

Percentage of young people who reported drinking more than four glasses of water per day in 2022



Percentage of young people who reported eating more than five servings of fruits and vegetables per day in 2022



Key Takeaways:

The primary effects observed among the counselors and camps in 2022 are very positive and promising. Our training was appreciated, and it influenced counselors to use our tools in their role as promoters of healthy habits. As for secondary effects, those affecting campers, they remained limited in terms of healthy eating, but were highly encouraging in terms of reducing sedentariness.

(*) indicator chosen for evaluation purposes, but not used in Tremplin Santé messages to young people

(**) Source: Report of the Analytical Sciences Laboratory in Agri-Food, Dalhousie University, 2021

Board of Directors

as of September 30, 2022



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Executive Director



Karine Chamberland

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Coordinator



Laurence Laberee

Dietician,
Coordinator



Rebecca Uhland

Kinesiologist,
Coordinator



Céline Lavoine

Communications



Kadi Diop

Canadian Deployment



Tantely Rarivomanana

Administrative Assistant
and Accounting

Interns

Intern in kinesiology:

- Philippe Roy-Moreau (Université Laval)

Interns in nutrition:

- Marc-Antoine Simard (Université Laval)

- William Gagnon (Université Laval)

Students contributing to the
program evaluation in 2022:

- David Larose (Université Laval)

- Melvin Chih-Shing Chen (University of Waterloo)

- Monica Ann MacDonald (University of New Brunswick)

- Simon Prince (Université Laval)

- Florence Pagé (Université Laval)

- Michelle Huot (Université Laval)

Financial statements

Income statement

	2022	2021
PRODUCTS		
Grants	\$563,127	\$705,665
Donations	\$332,000	\$242,500
Other	\$6,026	\$10,914
	\$903,153	\$959,079
EXPENSES		
Training and support	\$84,542	\$174,855
Research and development, production and dissemination of tools	\$107,536	\$275,426
Delivery of exclusive services to vulnerable communities and individuals	\$90,003	\$30,282
Promotion and deployment	\$178,610	\$170,985
Financing campaign	\$55,955	\$12,976
Evaluation fees	\$70,185	\$68,669
Administrative fees	\$105,829	\$112,438
	\$692,660	\$845,631
EXCESS OF REVENUE OVER EXPENSES	\$208,493	\$113,448

Report as of September 30

	2022	2021
ASSETS		
Current assets		
Treasury	\$831,628	\$245,866
Accounts receivable	\$248,659	\$540,092
Stocks	\$34,455	\$35,539
	\$1,114,742	\$821,497
Fixed assets	\$6,241	\$7,801
ASSETS TOTAL	\$1,120,983	\$829,298
LIABILITIES		
Short-term liabilities		
Accounts payable	\$38,894	\$42,864
Deferred revenues	\$87,162	- \$
	\$126,056	\$42,864
Net assets		
Unrestricted Net Assets	\$994,927	\$786,434
TOTAL LIABILITIES AND UNALLOCATED NET ASSETS	\$1,120,983	\$829,298

Thank you to our donors

The Fondation Tremplin Santé extends a warm word of thanks to its financial partners, who allow it, each year, to accomplish its mission with camps, counselors and, of course, campers.



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à la jeunesse

Québec



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DU CANADA



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Fonds Catherine Thériault



MACKENZIE
Placements



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