

Fondation Tremplin Santé  
**supports**  
**youth**  
**organizations**  
 with its **Power Up program**  
 so that  
**healthy**  
 habits can thrive

**Free program**



**Healthy Eating**



**Physical Activity**



**Well-being**

**Contact Us**

info@gopowerup.ca  
 1-833 648-1444

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[tremplinsante.ca/en](http://tremplinsante.ca/en)

**180 Games, Activities and Tools**

available to your entire team through an online portal.



**Personalized Support**

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



**4 Exciting Challenges**

To spice up youth's and counselor's summer.



**Interactive Training**

for managers, coordinators and counselors.



**5 Contests**

Healthy habits always win!



**More than 150 recipes**

to cook onsite or with family.



**Funding**

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



**67 videos**

To discover healthy habits activities with youth.



Thank you to our partners :



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

Secrétariat à la jeunesse Québec