

TOUGO CHALLENGE

summer camps



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

Dear administrator,

The *Health Challenge in my summer camp*, held every July, had a major change last fall and became the *TOUGO Challenge in my summer camp*. From **July 12 to 16, 2021**, you're therefore invited to take part in the *TOUGO Challenge in my summer camp*. New name, same lively and inspiring challenge.

REGISTER YOUR CAMP! www.treplinsante.ca/en

Every day, campers are asked to take up a fun challenge related to healthy eating, physical activity, or relaxation. The *TOUGO Challenge in my summer camp* is a joint initiative by Fondation Tremplin Santé and Capsana, the organization behind TOUGO.

Participating camps get a chance to win great prizes—a nice reward for maintaining healthy habits all summer long!

To be eligible, simply register your camp by Sunday, July 11 at www.treplinsante.ca/en.

MANY TOOLS ARE AVAILABLE

Camp counselors will have a number of tools (activity sheets, posters, certificates, etc.) to support and inspire them in their activities.

These tools are all free of charge and can be downloaded from the Fondation Tremplin Santé website: www.treplinsante.ca/en.

Thank you in advance for your invaluable collaboration. If you have questions, please feel free to contact us.

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Special collaboration
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