

# TOUGO CHALLENGE

summer camps



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

Dear parent,

The *TOUGO Challenge in my summer camp*, which will take place from **July 12 to 16, 2021**, 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 amazing prizes.  
A great reward for adopting healthy habits all summer long!

## WHAT IS THE TOUGO CHALLENGE?

TOUGO, formerly known as the *Health Challenge*, is an accessible and credible source of information, tools, and invitations that inspires Quebecers to take simple steps to find pleasure in living healthier lives.

For more information about the *TOUGO Challenge*, visit the *Power Up* website at [www.tremplinsante.ca/en](http://www.tremplinsante.ca/en) or [montougo.ca](http://montougo.ca).

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

