

TAKE UP THE CHALLENGE IN 5 EASY STEPS

1 Read the *Challenge goals*:

- **Fruits and vegetables Goal:** eat more fruits and vegetables every day
- **Get moving Goal:** do at least 60 minutes of moderate-to-high-intensity physical activity every day
- **Zen Goal:** take a moment to relax every day

2 Choose a **slogan** for the week and add it to your program.

Examples:

- At Camp Delta, we run faster than a cheetah!
- At Camp Oak Bay, we can relax every day!
- At Camp Kapuskasing, we get moving!

3 Plan the week's **activities** and add them to your program. Try to complete one **activity a day** with your campers **for each goal**. Need inspiration? Go to the Fondation Tremplin Santé website to explore new activities:

www.tremplinsante.ca/en/.

Is your camp in the *Power Up* program? Discover even more activities on the *Power Up* portal.

portail.tremplinsante.ca/en/.

4 Find a **personal challenge** to meet during the week. The kids will be thrilled to see you take up a challenge too, and you can even challenge other counselors!

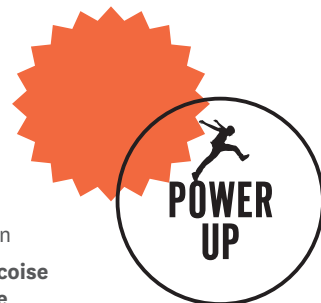
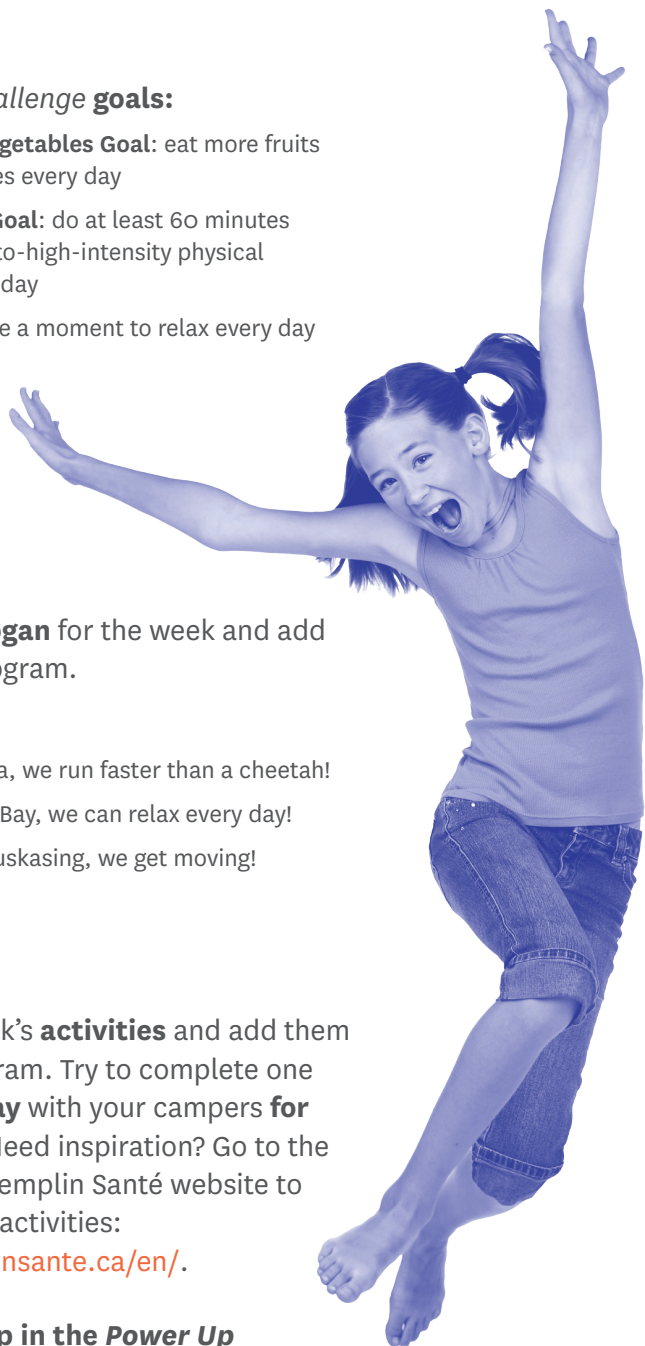
Examples of counselor challenges:

- Put a fruit or a vegetable in your lunchbox.
- Take part in all activities with your campers.
- Take a 15-minute break to relax without your cellphone before starting the day.

5 **Have fun** with your group by taking part in the *TOUGO Challenge in my summer camp*, July 12 to 16, 2021!

Want to win prizes?

To be eligible, your camp must be registered by July 11, 2021. The registration form and rules are available at www.tremplinsante.ca/en/.



Special collaboration
Association québécoise
de la garde scolaire