

TOUGO CHALLENGE

summer camps



TOUGO CHALLENGE SUMMER CAMPS: FOR A FUN AND MOTIVATING HEALTH BOOST!

Dear Administrator,

Your summer camp is invited to participate in the *TOUGO Challenge summer camps*, which will take place from **July 8 to 12, 2024**. The *TOUGO Challenge summer camps* is an invitation to all summer camps so that the children and staff take action to adopt a healthier lifestyle in a fun way. How? By developing the habits and skills to eat better, be more active, and focus on their well-being every day!

REGISTER YOUR CAMP! portail.tremplinsante.ca/en/our-challenges/

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

Participating camps get a chance to win 1 of the 6 prizes—a nice reward for maintaining healthy habits all summer long!

To be eligible, simply register your camp by Sunday, July 7, 2024 at portail.tremplinsante.ca/en/our-challenges/.

MANY TOOLS ARE AVAILABLE

Camp counselors will have a number of tools (activity sheets, poster, certificate, etc.) to support and inspire them in their activities. These tools are all free of charge and can be downloaded from the Power Up portal: portail.tremplinsante.ca/en/tools/tougo-challenge-summer-camp/.

WHAT IS TOUGO?

TOUGO is your health ally. Whether you're looking for ways to be more active every day, recipes for healthy snacks, or tips to feel good in body and mind, TOUGO has what you need! To find out more about TOUGO, visit montougo.ca or [sign up for the TOUGO newsletter](#) (website and newsletter in French only).

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

Karine Chamberland

Dietitian and Director of
Healthy Eating and Wellness
Fondation Tremplin Santé/Power Up
info@tremplinsante.ca

Lucile Boisseau

Project Manager
Public Campaigns, Capsana
lboisseau@capsana.ca

Special collaboration

**Association québécoise
de la garde scolaire**

