

## TAKE UP THE CHALLENGE IN 5 EASY STEPS WITH YOUR CAMPERS

### 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? Check out an example of **a week containing TOUGO activities** or go to the Power Up portal to explore new activities: [portail.tremplinsante.ca/en/](http://portail.tremplinsante.ca/en/)

**Is your camp in the *Power Up* program?** Discover even more activities on the *Power Up* portal.  
[portail.tremplinsante.ca/en/](http://portail.tremplinsante.ca/en/)

### 4 Find a **personal challenge** to meet during the week. If you take up the challenge, the kids will want to follow your lead, and you can even challenge other counselors!

#### Examples of counselor challenges:

- Put a fruit or a vegetable in your lunchbox every day.
- 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 Summer Camps*, **July 8 to 12, 2024!**

#### Want to win prizes?

To be eligible, your camp must be registered by July 7, 2024. The registration form and rules are available at  
[portail.tremplinsante.ca/en/](http://portail.tremplinsante.ca/en/)

