

FITSPIRIT

AN EXTRACURRICULAR ACTIVITY

That gets girls moving in a new way

What is FitSpirit?

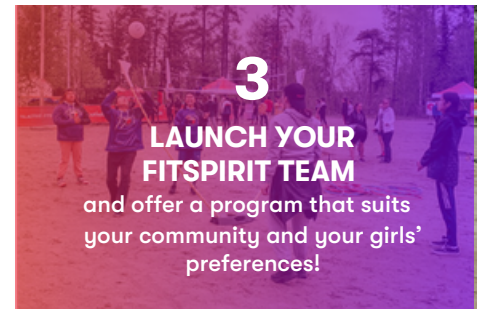
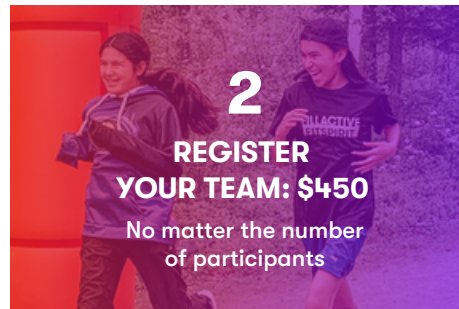
It is the non-competitive multisport team specially designed for girls aged 12 to 17!

Why offer FitSpirit?

- 9 out of 10 teenage girls don't move enough every day.
- During adolescence, girls are more enthusiastic about sports or physical activity when they are together.



HOW TO REGISTER?



WHEN LAUNCHING A FITSPIRIT TEAM, you gain access to:

- **Virtual training sessions to transform the way** physical activity is presented to girls,
- Ambassadors who can visit you based on your geographical location to lead physical activity sessions and become positive female role-models,
- FitSpirit t-shirts sent to each registered participant.
- **A Physical Education Teacher and a Nutritionist to** answer all your questions.
- Inspiring videos to open up the conversation around topics that matter to teenage girls,
- Online tools (running and walking programs, workout videos, and more),
- A regional resource to support you according to the reality of your community,
- A private Facebook group to share knowledge and best practices between Program Leaders,
- Festive events where girls gather to experience an energizing day being active with friends that leaves them with unforgettable memories.



FITSPIRIT PROGRAM LEADERS

They are the FitSpirit team coaches!

It is strongly encouraged to share the responsibility with colleagues to maximize the success of your FitSpirit Team.

What is the role of Program Leaders?

- Promote the FitSpirit team.
- Encourage as many girls as possible to sign up and participate.
- Plan programming and lead activities (when possible).
- Supervise activities in keeping with FitSpirit values.

Who can be a Program Leader?

Several members of the school team or your community center can take on the role of a Program Leader: physical education teachers, teachers of other subjects, educational assistants, school nurses, kinesiologists, administrators, sports and leisure coordinators, etc.

Note that it is not necessary to have a background in physical activity to be a good Program Leader. Everyone can get involved!

How many activities should be offered to participants?

One activity per month or three activities per week, it's up to you!

How much time should be scheduled in the Program Leaders' agenda to take care of the team?

It depends! Program Leaders report spending, on average:

3 to 4 hours per week	29% of Program Leaders
1 to 2 hours per week	54% of Program Leaders
Less than one hour	12% of Program Leaders

For more information: info@FitSpirit.ca

Call us at (418)-580-0740

FITSPIRIT