



## FITSPIRIT

### 2022-2023 ACTIVITY REPORT

This year, 285 high schools offered their students a non-competitive multi-sport team!

**285 schools**  
(+24%)\*

**9,000 participants**  
(+36%)\*

**967 school leaders**  
(+29%)\*

**114 ambassadors**  
(+16%)\*

**200 student leaders**  
(+1%)\*

*\*Percentage increase compared to the year 2021-2022.*

#### Among the partner schools:

- **80 schools were considered disadvantaged** (decile ranks 8, 9, 10), according to the criteria set out by the Ministère de l'Éducation du Québec.
- **4 schools were in Indigenous communities.**
- **1 school** participated in the FitSpirit pilot project on academic program.

In addition to the 285 partner schools, 10 elementary schools participated in the one-day FitSpirit pilot project to promote the elementary-high school transition in relation to the girls' participation in physical and sports activities.



# FITSPIRIT

## PROJECTS OF THE YEAR



### School activities

4,500 varied physical activities were established throughout the year by school leaders, with support from FitSpirit.



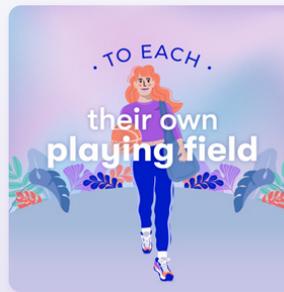
### FitSpirit Well-being Program powered by Beneva

FitSpirit has enhanced the anti-stress Bubble available on its website to offer a variety of soothing and caring resources for teenage girls. This content was developed as part of the FitSpirit Well-Being Program powered by Beneva.



### The FitSpirit Tour

Festive event held in partner schools at the beginning of the year with the goal of promoting physical activity and sports among girls.



### Podcast: To Each Their Own Playing Field

FitSpirit invited experts, athletes and public personalities to discuss the practice of physical activity among teenage girls. A podcast for the parents of teenagers.



### Inspirational conference

Professional dancer and choreographer Kim Gingras shared her inspiring career journey, speaking about the challenges she has faced and the lessons she has learned along the way.



### FitSpirit Routes

Autumn event held outdoors at school to get FitSpirit started on the right foot with an activity that pairs walking or running with the arts.



### FitSpirit Hockey Rendez-Vous

With assistance from the Hockey Canada Foundation, events were presented in the Gaspésie and Estrie regions to help teenage girls discover the many ways in which hockey can be practiced.

## RESEARCH PROJECT

The results, which stem from a rigorous evaluation process conducted in collaboration with the Université de Montréal from 2017 to 2022, attest to FitSpirit's significant contribution to the participants' physical activity habits.

At the end of the year, more girls met the recommended 60 minutes of moderate- to high-intensity physical activity per day, compared to the beginning of the year. Specifically, the number of days per week during which the girls met the recommended 60 minutes per day rose from 2.6 to 3.2 (increase of 23%). Observing this increase is very important, as we also showed that FitSpirit participants who meet the recommendation have an improved perception of their overall health, which puts them on a path towards positive mental health.



## FITSPIRIT CELEBRATIONS

### THE LARGEST ACTIVE EVENT FOR TEENAGE GIRLS IN QUÉBEC!

This spring, 6 FitSpirit Celebrations took place across Quebec. Thousands of teenage girls had the opportunity to walk or run 2.5 km, 5 km or 10 km with no stopwatch to worry about and to experience a wide variety of new activities organized by our activation partners allowing them to experience different sports.



6 cities



7,000 participants



50 activation partners



Several athletes attended the FitSpirit Celebrations:

**Kim Boutin, Maxime and Chloé Dufour-Lapointe, Annie Guglia, Valérie Maltais, Marie-Ève Nault, Laurence St-Germain.**



Thank you to our **Building Partners** (\$100,000 and up)



Thank you to our **Committed Partners** (\$50,000 to \$99,999)

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