

## **FitSpirit celebrates its 15<sup>th</sup> anniversary! 15 years of promoting physical activity among teenage girls.**

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**Sainte-Thérèse, December 14, 2022** – This year, FitSpirit proudly celebrates its 15<sup>th</sup> anniversary. 15 years of promoting physical activity among teenage girls and offering them an extracurricular activity where the pleasure of moving with friends is put forward. In all, since its founding in 2007, over 75,000 participants have taken part in annual activities and over 200,000 girls were sensitized about the importance of sports.

View the [video](#) that celebrates 15 years of collaboration with high schools.

*"FitSpirit's 15<sup>th</sup> anniversary is an opportunity to celebrate and recognize the involvement of the extraordinary people who have made a difference for our organization and allowed us to make such great strides. It's about remembering the smiling faces of thousands of young girls whose lives took a turn for the better. For me, as an entrepreneur, it's about taking a moment to look back on all that we've achieved, at all the minor and major victories, and also the difficult times when key people reached out to lend us a helping hand. It's about marking 15 years filled with gratitude."* – Claudine Labelle, President and Founder of FitSpirit

### **Thank you to our Founding Partner**

For this occasion, FitSpirit would like to thank Saputo Inc., its Founding Partner, who, since the very beginning, has firmly believed in its mission to get teenage girls active for life!

*"Encouraging the adoption of a healthy lifestyle among our employees and our communities is at the heart of Saputo's community engagement. We are proud to collaborate with FitSpirit to further our engagement and are delighted to celebrate and recognize all the work they have done over the past 15 years to raise teenage girls' awareness about the importance of being active."* – Stéphanie Roy, Manager, Community Relations, Saputo Inc.

### **About FitSpirit**

FitSpirit is a Quebec-based charitable organization whose mission is to get teenage girls active for life by inviting them to practice sports and physical activity in a whole new way. Offering extracurricular activity in 230 high schools across Quebec, FitSpirit reaches over 6,000 teenage girls aged 12 to 17 annually, and has had a positive impact on over 200,000 girls since its founding in 2007. To learn more, visit [fitspirit.ca](https://fitspirit.ca).

### **About Saputo**

Saputo produces, markets, and distributes a wide array of dairy products of the utmost quality, including cheese, fluid milk, extended shelf-life milk and cream products, cultured products, and dairy ingredients. Saputo is one of the top ten dairy processors in the world, a leading cheese manufacturer and fluid milk and cream processor in Canada, and the top dairy processor in Australia and Argentina. In the USA, Saputo ranks among the top three cheese producers and is one of the largest producers of extended shelf-life and cultured dairy products. In the United Kingdom, Saputo is the largest manufacturer of branded cheese and a top manufacturer of dairy spreads. In addition to its dairy portfolio, Saputo produces, markets, and

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distributes a range of dairy alternative cheeses and beverages. Saputo products are sold in several countries under market-leading brands, as well as private label brands. Saputo Inc. is a publicly traded company and its shares are listed on the Toronto Stock Exchange under the symbol “SAP”.

Community engagement is important to Saputo and it strives to invest 1% of its pre-tax profits each year in community programs and organizations that promote a healthy lifestyle for people of all ages. To learn more, visit [www.saputo.com/our-promise/community](http://www.saputo.com/our-promise/community).

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**Source and Media Information:**

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