



Complementary Logos

FitSpirit activities take place in a context where inclusion is encouraged regardless of the students' abilities, weight, fitness level, ethnic or religious backgrounds, functional limitations, and gender identity or sexual orientation.

While respecting the philosophy upon which the FitSpirit approach is founded, program leaders can welcome into their team all the students who are interested in joining! If you want to highlight this sense of inclusion more clearly, you can now use the above logo year-round to promote your team and its inclusive programming!

Is the FitSpirit mission still geared towards girls?

Yes it is! Girls are not as physically active as boys, and that gap grows during adolescence, (only 14% of girls meet the recommended 60 minutes of physical activity per day, compared to 34% of boys*). This situation can be attributed to several factors, notably the fact that most activities are poorly adapted to girls' preferences, the presence of boys, puberty, competition, and low self-esteem. In addition, during adolescence, girls are more enthusiastic about practicing a sport or a physical activity when they are among their peers. FitSpirit therefore offers them a girls-only space at a pivotal time in their lives when they really need it.

Can boys join a FitSpirit team?

That depends. Any student who is likely to thrive in a multi-sport activity free of competition and designed especially for girls can join the team. In this regard, boys who are drawn to the activities offered can join FitSpirit if they are interested. This decision is left to the discretion of program leaders and school teams. FitSpirit is there to support your reflection and help you with the process, if necessary.



Can the FitSpirit team at a school be inclusive when it comes to sexual diversity and gender plurality?

Of course! The FitSpirit approach is designed to overcome obstacles to physical activity for girls. What's more, many young people from the LGBTQ+ community encounter similar obstacles, and they too stand to benefit from the FitSpirit approach. In this regard, those who are likely to find fulfillment through a FitSpirit team are welcome. The complementary FitSpirit logos can help you express this value more clearly at your school if you feel the need to do so.

In all cases, this issue must be addressed with careful consideration for the students concerned. No specific response applies to all contexts. FitSpirit respects the fact that when it comes to issues of inclusion, your school team will develop at its own pace, based on the needs of your students and your school community.

*Canadian Health Measures Survey from 2009 to 2011 and from 2012 to 2013 – combined data, Statistics Canada, 2017

Thank you to our partner for revising this content.

