

# FITSPIRIT

## AN EXTRACURRICULAR ACTIVITY

THE HIGH SCHOOL NON-COMPETITIVE

MULTI-SPORT TEAM

**FitSpirit** is an extracurricular activity specially designed for girls aged 12-17. Get girls to stay active for life by introducing them to physical activity in a new and innovative way.

### Training sessions

tailored to school leaders and student leaders to transform the way physical activity is offered to girls at your school.

### FitSpirit merchandise

sent to your school to create a sense of belonging (team jerseys, banners, and more!).

### A variety of videos

featuring inspiring models to motivate your team!

### A coordinator

to help you along based on the specific needs in your region.

### Ambassadors

who lead up to three activities at your school.

### A phys ed teacher and a nutritionist

who answer all your questions.

### Online tools

for your annual physical activity program.

### Festive events

that help thousands of teenage girls make long-lasting memories with friends.

### A private online group

to promote discussion between school staff members from a wide variety of backgrounds.





## Why become a FitSpirit partner school?



**9 out of 10 girls**  
aren't active enough.

**Is your school taking concrete actions  
to address the situation?**



As teenagers, girls become more  
enthusiastic about sports or physical  
activity in groups.

**With FitSpirit, equip your school with  
an engaging program designed to  
get and keep the attention of girls  
who don't currently take part in team  
sports.**

## How to become a FitSpirit partner school:

1

**IDENTIFY ONE OR  
MULTIPLE SCHOOL  
LEADERS**

2

**EASY REGISTRATION:  
\$425\***

ANY NUMBER OF  
REGISTRETED PARTICIPANTS

3

**CREATE  
YOUR PROGRAM WITH  
FITSPIRIT'S HELP**

All the students interested in joining the team are welcome **FITSPIRIT**

For more information, visit [fitspirit.ca](https://fitspirit.ca)

\* FitSpirit is eligible for the Mesure 15028 - Activités parascolaires au secondaire du Ministère de l'éducation du Québec.

**FITSPIRIT**