

FITSPIRIT

AN EXTRACURRICULAR ACTIVITY

THAT GETS GIRLS MOVING

IN A NEW WAY

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, medals, banners, and more!).

Motivational speakers

who share their stories with teenage girls to drive home the importance of physical activity.

A coordinator

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



Ambassadors

who animate up to three activities at your school.

A kinesiologist and nutritionist

who answer all your questions.

Online tools

including a running program, training videos, and more.

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:

01

**IDENTIFY ONE
OR MULTIPLE
SCHOOL LEADERS
WHO WILL BE IN
CHARGE**

02

**EASY
REGISTRATION:
\$300***

ANY NUMBER OF
REGISTRETED PARTICIPANTS

03

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

For more information, visit www.fitspirit.ca

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

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