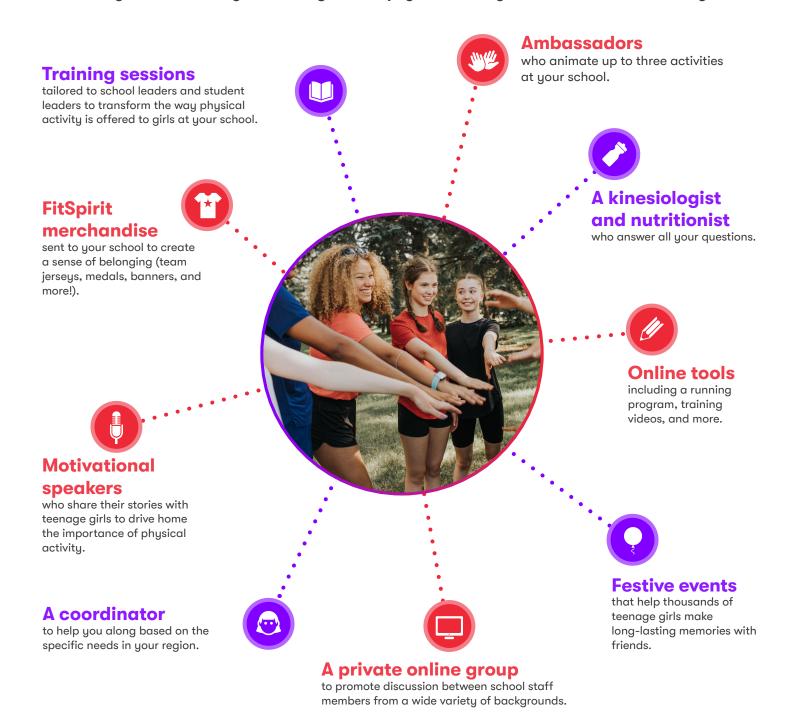
FITSPIRIT

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.





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: \$400*

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