

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: \$400*

ANY NUMBER OF REGISTERED 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