

Health Challenge

SCHOOL DAYCARE



Dear parent,

The *Health Challenge*, which will take place from **March 30 to April 24, 2020**, is among the activities your school's daycare service is happy to participate in. Every week, educators and their students will take up a fun challenge on different themes related to nutrition, physical activity, or relaxation.

Participating daycares have the chance to win one of these amazing prizes:

- ✓ A training session offered by Cardio Plein Air
- ✓ Cooking and nutrition workshops offered by Les ateliers cinq épices
- ✓ Sports and recreational equipment offered by CATSPORTS

A great reward for adopting healthy habits throughout the year!

WHAT IS THE HEALTH CHALLENGE?

The *Health Challenge* is an invitation to all Quebecers, as well as families, to take action to adopt a healthier lifestyle in a fun way! How? By developing the reflexes and skills to eat better, be more active, and focus on their well-being every day!

WE NEED YOUR ENCOURAGEMENT!

Stay in the know: a poster will be set up near the daycare entrance. It will allow you to see all the challenges the children will take up and follow their progress.

Write little words of encouragement to motivate the children and the daycare service team to keep up their efforts!

To find out more about the *Health Challenge*, visit DefiSante.ca. You can even subscribe to the **newsletter** to get free tips and advice meant to help everyone, young and old, adopt healthy habits.

THE HEALTH CHALLENGE

FOR A FUN AND MOTIVATING HEALTH BOOST!

DEFISANTE.CA



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