



SportFit™ is a fun and easy interactive sport education and physical activity motivation program that promotes healthy, active lifestyles. By matching personal preferences and physical attributes with sports an individual may have a natural affinity towards, SportFit™ can help youth succeed at sport and recreation.

SportFit is the simplest way to connect children and youth with the activities that are right for them, using eight easy and fun physical activity stations and one online questionnaire. SportFit analyses each participant's results online and creates a certificate listing the top three summer and winter sports they may have a natural affinity towards.

The theory behind SportFit is that when children participate in a sport that matches their skills and interest, their experience in sport and physical activity will be positive and they are more likely to become lifelong participants.

Practical, online resources in SportFit provide a pathway for children who are ready to take the next step to becoming more physically active. Children may explore sports - from lessons to historical moments to finding their local clubs and associations - using SportFit's extensive resources.

Previous Olympic and Paralympic Games have resulted in a new generation of motivated and inspired children across the country and as we move closer to the 2010 Games, sport and physical activity are gaining a higher profile. Communities, schools, sport organizations and recreation centres can take this opportunity to capture the interest of children and help them enter and explore the world of sport and physical activity.

Try SportFit! It's free and easy to implement.

- **SportFit Day:**

A SportFit Day can be a school wide or community event that gets children and youth to complete eight SportFit stations. Participants can enter their results on the SportFit website and receive winter & summer sport recommendations to try. SportFit is a great way to involve everyone in a fun event that promotes sport discovery, healthy active lifestyles and increases sport awareness.

- **SportFit Challenge:**
Register and run your own SportFit Challenge with your classroom or small group of kids. Include SportFit as part of a learning module or theme around sport or the Olympics. Teachers and leaders can also use the challenge data to help with lesson plans and to highlight specific sport interests. Visit the website at www.sportfitcanada.com for more information and details on how to run your own SportFit challenge.
- **Goal Setting and Benchmarking:**
Deliver SportFit at the beginning and at the end of the year to assist with personal planning goals for students. SportFit can also help with physical fitness bench marking and tracking as well as provide great education tools and connect children and youth with the sport system in Saskatchewan.

How to get started with SportFit

- Visit the SportFit™ website at www.sportfitcanada.com.
- Run a SportFit™ Day
- Run SportFit™ during school holidays, community summer camps, and events
- Use SportFit™ as a fun, interactive educational tool
- Use SportFit™ to assist in sport and activity program design

This year, more than 60,000 children and youth across Canada have participated in SportFit. We are excited about the possibilities of implementing SportFit in your community and recreation centre

If you are keen to run a SportFit Day this year, we can help you make it happen! We can provide a SportFit™ Assessment Team member to help run SportFit™ in your school or community. We can also provide *Station Leader Training, loaner equipment kits, participation incentives, official SportFit™ Certificates and more* – all at NO cost to your organization!

For more information please contact SportFit™ Saskatchewan.

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Website: www.sportfitcanada.com.

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