



# FITSPIRIT

## BEING A FITSPIRIT VOLUNTEER: A CONTRIBUTION AND AN EXPERIENCE THAT GO FAR BEYOND THE DAY ITSELF!

By joining our team of volunteers, you contribute:

- To reversing the trend that by the end of high school, 9 out of 10 girls do not meet Canadian standards for physical activity<sup>1</sup>;
- To growing our community of inspiring and engaged people who support girls;
- To creating memorable moments for our girls and invited guests;
- To creating social bonds built on the fun of being together;
- To the success of FitSpirit events.

### FITSPIRIT RECOGNITION PROGRAM

Depending on the number of hours you spend volunteering at a FitSpirit event, the number of FitSpirit events at which you volunteer and your level of involvement, you will receive various tokens of recognition:

#### ONE FITSPIRIT EVENT

##### 3 to 5 hours

- ≥ A T-shirt in FitSpirit colours
- ≥ A meal or snack on the day of the event

##### 6 to 8 hours

- ≥ A T-shirt in FitSpirit colours
- ≥ An infinity scarf or an elastic headband in FitSpirit colours
- ≥ A meal or snack on the day of the event
- ≥ A 60% discount code on an online purchase from The North Face (for the first 200 people who sign up)

<sup>1</sup> Statistics Canada. Directly measured physical activity of children and youth, 2012 and 2013. Ottawa: Statistics Canada; 2015.

## MORE THAN ONE FITSPIRIT EVENT

- ≥ A T-shirt in FitSpirit colours
- ≥ A meal or snack on the day of each event
- ≥ A gift bag containing FitSpirit-branded essentials
- ≥ A 60% discount code on an online purchase from The North Face (for the first 200 people who sign up)

## SUPER-VOLUNTEER (SUPERVISING A TEAM OF VOLUNTEERS ON THE DAY OF THE EVENT)

- ≥ A T-shirt in FitSpirit colours
- ≥ A meal or snack on the day of the event
- ≥ A gift bag containing FitSpirit-branded essentials
- ≥ A 60% discount code on an online purchase from The North Face (for the first 200 people who sign up)

## INFORMATION FOR THE BIG DAY

A few days before the event, we will send you an email containing details (address, schedule, meeting place, dress code, what to bring, etc.).

On the day of the event, the volunteer coordinator will be on-site to guide you and answer any questions you may have.

For more information, feel free to email us at

**[volunteers@fitspirit.ca](mailto:volunteers@fitspirit.ca)**

We look forward to  
having you as a  
volunteer at one of  
our events!

The FitSpirit Team



Follow us



**FITSPIRIT**