



FITSPIRIT

STUDENT LEADER

# STUDENT LEADER GUIDE

## CONGRATULATIONS!

You've been chosen to serve as a FitSpirit Student Leader at your school!

Each year, more than **100 GIRLS LIKE YOU** embrace this role.

The entire FitSpirit team thanks you for your involvement, and we hope you'll have fun acting as **team captain** of your FitSpirit group.

## WHAT IS YOUR ROLE?

You've been chosen because the FitSpirit Program Leader at your school saw that you were a dynamic and responsible participant who'd be able to help make the activities **fun** for all your teammates, all year long.

## SPECIFICALLY, YOU COULD BE ASKED TO:

- Help recruit participants among the girls at your school.
- Contribute to the creation of the activities calendar.
- Lead certain activities.
- Participate enthusiastically in activities and encourage your teammates.
- Make sure that the activities run smoothly and follow FitSpirit's values.
- In short, be a positive leader for your team!

## THERE ARE MANY ADVANTAGES TO BEING A STUDENT LEADER:

- Gain valuable experience that you can include on your curriculum vitae (CV).
- Develop certain competencies, such as organizational skills, and the ability to communicate with greater confidence and work as a team.
- Build a greater sense of empathy by encouraging all your teammates, especially those whose abilities are different from yours.
- Participate in FitSpirit training specially designed for Student Leaders.
- Receive a Student Leader badge to wear on your FitSpirit T-shirt.

## TRAINING ADVICE

Training and being active on a regular basis is always a good idea! But it's important to follow some basic guidelines to ensure that everything goes well. Please share those tips with your teammates!

- If you feel hungry, or if your last meal was more than three hours ago, eat a snack before the activity (e.g., a piece of fruit, a compote or a cereal bar).
- Bring a reusable water bottle.
- Wear comfortable clothing that's suited to the activity and the weather.
- Listen to your body.
- Have fun!

Please go to the [Girls](#) tab at FitSpirit.ca to view all the tools geared to you and your teammates.

## THE BROADER CONTEXT FOR FITSPIRIT ACTIVITIES

At FitSpirit, physical activity is presented in such a way that all girls can have fun, even those who aren't crazy about sports!

FitSpirit activities should always feature the following three key elements. As a Student Leader, it's extremely important to know exactly what they are. Together with your FitSpirit Program Leader, you can play a vital role in ensuring that all your activities reflect the following values.

- 1) FitSpirit encourages a physically active lifestyle and a healthy relationship with food and meals. We always use language that emphasizes all the things that our bodies can do, without ever implying that we want to change its appearance.
- 2) FitSpirit places the focus on non-competitive activities. Instead, the emphasis is on the pleasure that goes along with being active with friends, and not on performance or the stopwatch. Each person is free to set their own objectives.
- 3) Everyone is welcome on the team, regardless of:
  - Their appearance or style.
  - Their abilities or fitness level.
  - Their culture or religion.
  - Their functional limitations (physical and intellectual differences).
  - Their gender identity or sexual orientation.

### RESOURCES AVAILABLE

Visit our platforms for further tips on physical activity, nutrition and much more!

 [fitspirit.ca/girls](https://fitspirit.ca/girls)

 [facebook.com/Fillactive](https://facebook.com/Fillactive)

 [instagram.com/fillactive\\_fitspirit](https://instagram.com/fillactive_fitspirit)

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