



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.

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

For more information please contact SportFit™ Saskatchewan.

Email: sportfit@sasksport.sk.ca

Phone: (306) 780-9141

Website: www.sportfitcanada.com.