



What is SportFit?

SportFit helps connect children and youth to the activities that are right for them through easy and fun physical activity stations and one fast online questionnaire.

How does it work?

Complete all of the activity stations. Each station is managed by volunteers who demonstrate what you will do, monitor and record your results. After completing the stations, logon to SportFit, register and enter your results. SportFit matches your physical abilities and interests to the top three summer and winter sports that fit you!

How do I sign up?

You must register for SportFit. It is a community event. Registration forms are available at the Sportsplex front desk or can be requested from terracesportfit@telus.net. Return the completed form to the Sportsplex at your earliest convenience.

What is the cost?

SportFit is a free community event funded by 2010 Legacies Now.

Who is it for?

It is specifically for school-aged children (k-7) however families are encouraged to participate together including parents and older siblings.

How long does it take to complete?

It takes approximately 40 minutes to complete the 6 activity stations.

How do I enter my results?

The results entry takes place at home at your leisure. Logon to www.sportfitcanada.com, register as a new user using the challenge # provided and enter your results

recorded on the data collection card. Insert the blank SportFit certificate paper into your printer to print your personalized SportFit certificate with your top three picks for summer and winter.

Where and when will it take place?

- o Skeena Junior Secondary School (side entrance)
- o Friday, Jan. 29th, 6:30 - 8:30pm
- o Saturday, Jan. 30th, 10:30 - 3:30pm

Today's Top Three Picks from SportFit

Summer

[Lawn Bowling](#)

[Bowling](#)

[Shooting](#)

Winter

[Broomball](#)

[Short Track Speed Skating](#)

[Speed Skating](#)

A glimpse at the Activity Stations

Vertical Jump



Sit and Reach



Partial Curl-Up



Stork Stand



Basketball Throw



T-Drill



Come on Terrace!
Ready to take the challenge?

