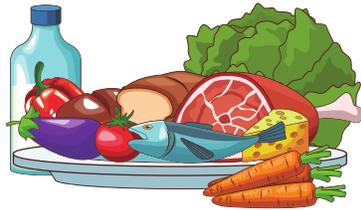


Nom: _____

Programme de bien-être



You are a peer trainer for a youth athlete competing in the Youth Olympics in Lausanne, Switzerland.

You will create a 3-day wellness plan outlining meals and physical activities that will help the athlete prepare for the Youth Olympics.

To help the athlete succeed, prioritize nutritious food choices and include a variety of different foods and drinks. Use Canada's food guide to create balanced meals with fruits and vegetables, protein, and whole grains.

Include a wide variety of physical activities and sports that will help develop the athlete's weaker skills (faiblesses), while improving their general athletic performance.

Your 3-day wellness plan will include:

- What the athlete will eat for breakfast, lunch, dinner, and one to two snacks each day. Don't forget drinks!
- What physical activities or sports the athlete will do (at least two per day). Aim for the athlete to practice many different sports and activities!

Create a brochure, poster, PowerPoint or other presentation outlining the wellness plan. You will also present the wellness plan orally.