



About the Lift for Kids Challenge

The **Lift for Kids Challenge** is a fundraising event taking place together with your local **Spin4Kids** event, with proceeds supporting GoodLife Kids Foundation. Members, Associates, guests, family and friends are all welcome to participate and set a fundraising goal of \$125 to help kids with special needs thrive through physical activity and fitness.

How does Lift for Kids work?

- Teams of up to 8 people compete in a team lifting contest.
- Each member of the team will choose 1 of the 3 lifting stations (Squat, Bench Press or Deadlift) to complete.
- Each Participant will get 3 lift attempts at their chosen activity.
- Your team must complete each station at least 2 times, so strategize about who will complete each exercise.
- The team who lifts the most weight versus their bodyweight will be the winner!

FAQ

1. *Why isn't every Participant doing all three lifts?*

This event is intended to be a fun and inclusive competition. We want everyone to feel welcome and let them compete in an activity they feel most comfortable doing. To keep Participants engaged, we are shortening their time commitment with 1 lift only. 3 lifts would require a 6- to 8-hour time commitment.

2. *How much am I allowed to lift?*

Safety and injury prevention are the primary concerns for all Participants. A Participant may lift as much as they want but within their personal limits. However, we don't want someone bench pressing for the first time to try and lift three times their body weight. All lifts are subject to a judge's approval, who will be a certified canfitpro Trainer.

3. *Where do I register?*

Register at spin4kids.com and select the Lift for Kids event you will be participating in. The Event Leader will contact you to schedule your lift time.

4. *Where does the money that I fundraise go?*

Funds raised support GoodLife Kids Foundation and will be used to help kids with special needs get access to physical activity opportunities. Do you know a registered charity in your community that may qualify for funding? Direct them to www.goodlifekids.com to learn how they may be eligible for funds to support their physical activity program for kids with special needs.