



## FOR IMMEDIATE RELEASE

### **Canadians set to sweat their way to \$1 million to help kids get active**

*Spin4Kids fitness fundraiser supports programs and supports for kids with autism and intellectual disabilities*

**London, ON, September 27, 2018** – Thousands of fitness lovers will gather at 100 locations across Canada on November 17 to sweat their way to \$1 million to help more kids access physical activity as part of GoodLife Kids Foundation’s Spin4Kids fitness fundraiser.

Spin4Kids is an annual event to raise funds for the GoodLife Kids Foundation grant program, which supports programs that offer ongoing physical activity opportunities for children with intellectual disabilities and autism. Grants improve community access and help remove some of the barriers preventing children from living active lives. Now in its seventh year, funds raised through Spin4Kids have impacted over 250,000 children to date.

“For kids with special needs, the path to getting active isn’t always as simple as joining the local sports team or signing up for lessons around the corner. They often face additional barriers including lack of available programs with support to suit their needs, higher cost for adapted programming, and inaccessible environments,” said Lisa Burrows, executive director, GoodLife Kids Foundation. “Funds raised through Spin4Kids are used to support programs across Canada so that kids with special needs can have equal opportunities to experience the joys and benefits of being active.”

Event participants will gather to ride indoor spin bikes and take part in group fitness classes like BODYATTACK, BODYFLOW and Zumba for an hour or more throughout the day. Participants do not have to be members of GoodLife Fitness, and no experience is necessary. People can take part on their own or as part of a team of up to eight people. Spin4Kids events feature great music, special guests, silent auction items, decorations and costumes. Canadians can register to participate and fundraise, donate to an existing team, or learn more at [spin4kids.com](http://spin4kids.com).

Since 2012, GoodLife Fitness Associates, Members, family and friends have raised more than \$4.3 million in support of GoodLife Kids Foundation. Eligible organizations can apply for up to \$10,000 in funding from GoodLife Kids Foundation. The next round of applications will be accepted from Monday, September 10, 2018 – Friday, November 30, 2018. Visit [goodlifekids.com](http://goodlifekids.com) to learn more.

**MEDIA NOTE:** Interview and photo opportunities are available in advance and on event day.

## **ABOUT GOODLIFE KIDS FOUNDATION**

GoodLife Kids Foundation is a registered charity with a vision for kids with special needs to have equal opportunities to experience the joys and benefits of being active. To-date, GoodLife Kids Foundation has impacted over 250,000 Canadian children through physical activity opportunities supported by the GoodLife Kids Grant Program. **To learn more about GoodLife Kids Foundation's programs, go to [goodlifekids.com](http://goodlifekids.com).**

GoodLife Fitness covers 100% of our administrative and operational expenses so that every dollar raised will make the biggest impact on the lives of Canadian kids.

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### **MEDIA CONTACT**

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