2018 was a year of big changes for GoodLife Kids Foundation. I’m so proud to share our recent accomplishments and our direction for the future.

Since 1998, GoodLife Kids Foundation has focused on helping kids in Canada live healthy, active lives. Over the years, we saw more organizations dedicating resources to the same cause. Recently, our Board, in consultation with Patch, has seen great improvement to the point where we feel the space is well and adequately served. We have therefore decided that GoodLife Kids Foundation could make a greater impact somewhere else.

We’ve narrowed GoodLife Kids Foundation’s focus to helping kids with special needs – particularly autism and intellectual disabilities. Our vision is to help give kids with special needs opportunities to experience the joys and benefits of being active.

With our new mandate in mind, in June 2018, we ended our GoodLife4Kids School Program. In its 3.5 years, we introduced the basics and fun of fitness to over 15,000 kids in over 110 locations. The program was hugely successful in teaching kids across Canada the fundamentals of a healthy, active life. Moving forward, we’ll devote our resources to the GoodLife Kids Grant Program to help break down barriers to physical activity for more kids with special needs.

As you know, in 2018, we also moved our main fundraiser Spin4Kids from the spring to the fall. The reason is simple. The first few months of each year are always busy with so many new Members joining GoodLife Clubs, eager to start their fitness journey. Associates are already at their capacity. With the November date, Associates can now give Spin4Kids their full focus and heart. Last year’s event was big, and this year will only be better.

With GoodLife Kids Foundation’s new mandate, a stronger focus on the Grant Program, and the Spin4Kids move to November, we’re going to change the lives of even more Canadian kids in 2019. I can’t wait to see what we can accomplish together.

Thank you for your continued support of GoodLife Kids Foundation. You’re making a difference for so many kids across the country, and helping kids with special needs truly thrive.

Keith Trussler
Board President, GoodLife Kids Foundation
**Vision**

Kids with special needs have equal opportunities to experience the joys and benefits of being active.

**The Part We Play**

GoodLife Kids Foundation fosters supportive environments to help kids with intellectual disabilities and autism thrive through physical activity and fitness.
What it’s all about

With your help, more kids with special needs across Canada have the opportunity to experience the joys and benefits of a healthy, active life.

GoodLife Kids Foundation’s Grant Program provides funding to organizations to support physical activity opportunities for children with special needs. These kids – many for the first time – are learning physical skills, joining a team and gaining self-confidence. They’re learning how physical activity can be beneficial and fun.

You’re changing the lives of kids with special needs, like Oliver, Sebastian, Veda, and Liam.

Veda’s story

Veda is a 5-year-old girl with an intellectual disability, which makes developing her motor skills difficult. Her family enrolled her in Active Start, facilitated by Special Olympics British Columbia, a program that introduces kids with intellectual disabilities ages 2 to 6 to sports.

Veda enhanced her motor skills in a safe environment, while building confidence, gaining a sense of accomplishment and making friends. She learned to run, jump and throw through fun activities like obstacle courses, balance beams and parachute.

Active Start helped kids see Veda as an equal and an athlete, opening her up to new social opportunities, too.

Oliver and Sebastian’s story

Seven-year-old twins Oliver and Sebastian love learning and trying new things, but large group settings can be challenging. Oliver has autism and Sebastian has a learning disability, so groups can be overwhelming and frightening for them.

The two developed a fear of water because of their experience in public group swimming lessons, but they learned to overcome their fear thanks to Swimming with a Mission (SWAM) Canada. The program provided them with one-on-one swimming lessons and a less stressful environment to learn in. They worked with the same instructor each time, helping them build trust and form bonds.

Now, Oliver and Sebastian are confident – and happy – swimmers.

Liam’s story

Liam is an 11-year-old boy with autism who loves riding his bike and playing basketball. Being physically active and engaged is important for Liam to help control his emotions and frustrations. But in North Durham, Ontario, it was challenging to find programs that both fit Liam’s needs and were affordable.

Liam joined Blaze Summer Camp, where he was paired with his own dedicated counsellor and had a structured physical activity program just for him. From playing on the splash pads to learning new sports like soccer and baseball, Liam had fun while building important social skills and cultivating physical literacy.

He thrived, made new friends and felt like he truly belonged.

For the first time, Liam experienced a summer just like other children.

* More stories available at goodlifekids.com
Where funds come from
The majority of GoodLife Kids Foundation’s revenue is raised through the national fundraising event Spin4Kids.

**2018**
- Total: $1,037,367

**2017**
- Total: $1,154,269

- Donations
- Spin4Kids
- City Chase
- Interest Income/Miscellaneous

Where funds go
This year, funds were used for the GoodLife Kids Foundation Grant Program and the GoodLife4Kids School Program.

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

**2018**
- Total: $797,906

**2017**
- Total: $967,262

- GoodLife Kids Foundation Grant Program
- GoodLife4Kids School Program
- Fundraising

Financial Summary 2018
2018 | Grant Recipients

For kids with special needs, the path to getting active isn’t always as simple as joining a sports team or signing up for lessons around the corner. Our Grant Program provides funding to support ongoing physical activity opportunities for children with special needs.

HERE’S THE FULL LIST OF 2018 GRANT RECIPIENTS

BRITISH COLUMBIA:
- BC Wheelchair Basketball Society – Provincial
- District of Kitimat, Leisure Services
- Richmond Centre for Disability
- Special Olympics British Columbia Society – Provincial

ALBERTA:
- Between Friends – Calgary
- Centre for Autism Services Alberta – Edmonton
- Janus Academy Society – Calgary
- Pacekids Society for Children with Special Needs – Calgary

MANITOBA:
- Children’s Rehabilitation Foundation – Winnipeg

ONTARIO:
- Ausome Ottawa
- Belleville General Hospital Foundation
- Boys & Girls Club of Durham
- Can-Am Indian Friendship Centre – Windsor
- Child & Community Resources – Sudbury
- City of Kitchener
- City of Woodstock
- East Scarborough Boys & Girls Club
- Family Respite Services Windsor Essex
- Geneva Centre for Autism Foundation – Toronto
- Halton Down Syndrome Association – Burlington
- Investing in Children – London
- Lansdowne Children’s Centre – Brantford
- NEO Kids Foundation – Sudbury
- Niagara Children’s Centre
- Precious Minds Support Services – Durham Region
- Propeller Dance – Ottawa
- Prosexactism – Toronto
- SkateABLE – Belleville, Kingston, Oshawa, Peterborough, Sarnia, Windsor
- Special Olympics Ontario – Provincial
- SWAM Canada – National
- The Safehaven Project for Community Living – Toronto
- Wheelchair Basketball Canada/Twin City Spinners – Kitchener-Waterloo
- Woodstock & District Developmental Services

NOVA SCOTIA:
- Central Nova Women’s Resource Centre – Truro

NEWFOUNDLAND:
- City of St. John’s

Full Amount Given
$314,062

Total for grants given:
$314,062

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Spin4Kids 2018 – What a day!

For the first time, Spin4Kids was held in November – and the results were fantastic!

Because of you, the 7th annual Spin4Kids raised $927,818 to support physical activity and fitness programs for kids with special needs. GoodLife Fitness Clubs hosted 94 events across the country. Members, Associates, family and friends came out to spin, groove and move for the cause.

A heartfelt thank you to the 5,000 fundraisers, 1,500 volunteers, and over 9,000 donors who helped make Spin4Kids 2018 possible.
GoodLife Kids Foundation
BOARD OF DIRECTORS

As of January 2019

Founder
David Patchell-Evans
Founder & Chief Executive Officer, GoodLife Fitness

President
Keith Trussler
Lawyer, Mackenzie Lake LLP

Vice President
John Muszak
Marketing Professional

Secretary
Julie Pontes
Director of Member Experience, GoodLife Fitness

Treasurer
Zena Nurse
Manager of General Accounting, GoodLife Fitness

Directors
Colin Ewart
President, BC Colleges

Steve Groves
Vice President of Technology, GoodLife Fitness

Catherine Jackson
Communications Professional

Silken Laumann
Olympian, Inspirational Speaker, Author

Eric Slota
Vice President of Operations, GoodLife Fitness

Staff
Lisa Burrows
Executive Director, GoodLife Kids Foundation
We'd like to thank everyone who supports GoodLife Kids Foundation, and is helping break down barriers for kids with special needs. Whether it's making financial contributions, participating in Spin4Kids, or spreading the word about GoodLife Kids Foundation, you're changing the lives of Canadian kids with special needs through physical activity and fitness. Thank you.

@goodlifekids @goodlifekids @goodlifekids_fdn