



As a supporter of GoodLife Kids Foundation, through your participation in Spin4Kids, as a donor or volunteer, we wanted to share with you an update in regards to our programs.

So much has changed since we provided an update on GoodLife Kids Foundation in March 2020. Canadians have faced incredible challenges in 2020, but few have faced greater challenges than kids and youth with special needs. These incredible individuals face barriers every day to physical activity, including: a lack of available programs; inaccessible environments; and a higher cost for adapted programming, and unfortunately, the Pandemic has brought even more challenges their way. This means that many of them are excluded from experiencing the joys and benefits of being active.

Because of your past support, GoodLife Kids Foundation continues to be committed to helping kids with intellectual disabilities* and/or autism** thrive through physical activity and fitness once again.

Plan for GoodLife Kids Foundation for the remainder of 2020:

A NEW PROGRAM FOR YOUTH WITH INTELLECTUAL DISABILITIES AND/OR AUTISM

In March we announced that we were working toward launching a brand new national physical activity and fitness program for kids and youth with intellectual disabilities and/or autism. Today, we're excited to bring you our fantastic virtual concept called **MOVE by GoodLife Kids**, coming to communities across Canada through Zoom and YouTube, beginning Fall 2020. Similar to how GoodLife has expanded virtual programming offerings during this period of time, we also want to offer incredible virtual programming of our own. Some of the funds raised through Spin4Kids 2019 will be used to support the development and launch of this innovative and important Program.

We're beginning with 3 prototypes of this Program where Participants, Caregivers and Coaches will play an important role by providing valuable input and feedback.

To learn more about this incredible Program, please visit: <https://www.goodlifekids.com/wp-content/uploads/2020/08/2020-08-13-MOVE-Website-PDF-1.pdf>

SPIN4KIDS 2020

Due to the uncertainty surrounding COVID-19, and the length of the planning cycle, we will not be holding Spin4Kids 2020.

THE GRANT PROGRAM

In January 2020, our Grant Program supported 37 registered charities from across Canada with funds raised through Spin4Kids 2019. These charities are providing [local](#) physical activity and fitness programs for kids with intellectual disabilities and/or autism. At this time, the Grant Program will be on hold as we utilize the funds that we have to launch our new virtual program.

Your passion for giving back ensures that even more kids with intellectual disabilities and/or autism will thrive through physical activity in 2020 and beyond. THANK YOU!

To stay up to date on how you're impacting kids and youth across Canada, through GoodLife Kids Foundation, follow us on [Facebook](#), [Twitter](#), and [Instagram](#). If you have any questions or want to share your feedback, please direct your email to lburrows@goodlifekids.com.

We look forward to providing further updates about **MOVE by GoodLife Kids** in the coming weeks. Stay tuned!

Keith Trussler
Board President
GoodLife Kids Foundation

Lisa Burrows
Executive Director
GoodLife Kids Foundation

*Intellectual disability is a term used for limitations in cognitive functioning and skills, including communication, social and self-care skills. These limitations can cause a child to develop and learn more slowly or differently than a typically developing child. ([Source: Special Olympics Canada](#))

**Autism refers to a range of conditions characterized by challenges with social skills, repetitive behaviours, communication, as well as unique strengths and differences. Autism is a spectrum, reflecting the wide variation in challenges and strengths possessed by each unique person. ([Source: Autism Speaks Canada](#))