



Frequently Asked Questions

What is the MOVE 4 Kids Event?

MOVE 4 Kids Event is a new national fundraising and physical activity event, running from November 9 – 30th, in support of MOVE by GoodLife Kids – a free physical activity and fitness program for youth ages 12-21 with autism and intellectual disabilities. Event participants will be asked to raise funds and challenge their fitness routine by setting a goal for the number of activity minutes they would like to complete.

What is the national fundraising goal?

\$400,000 so MOVE by GoodLife Kids participants can have free access to accessible physical activity and fitness year-round.

What is the national activity minutes goal?

The goal is to reach a total of 1 MILLION minutes in support of physical activity programming for youth with autism and intellectual disabilities!

How much does it cost to participate?

There is no registration fee however, event participants are encouraged to commit to raising \$100 – every \$100 raised supports 1 youth to participate in 9 free MOVE by GoodLife Kids classes.

Do I have to fundraise in order to participate?

Event participants can decide if they would like to fundraise for GoodLife Kids Foundation. Fundraising is not a required in order to participate.

Funds raised will support [MOVE by GoodLife Kids](#). This virtual physical activity and fitness program for youth with autism and intellectual disabilities is offered free to families across Canada, through donations to GoodLife Kids Foundation.

Tools to support your efforts are provided when you register for the event.

Why are minutes being tracked?

Minutes are inclusive of all abilities and all physical activities. It's up to you to determine the physical activities you would like to do based on your own interests and abilities.

How many minutes do I have to complete during the event?

Each Event participant can decide how many minutes they want to complete. Some Event participants will want to track minutes from their regular physical activity routine. Others will want to challenge their fitness routine and complete more minutes of physical activity than they usually would. It's totally up to you!

How are minutes being tracked?

In order to track your activity minutes, you will need to use the Strava app. If you don't have a Strava account, you can download the FREE Strava app from the Apple Store or Google Play.

You will connect your Strava account to your profile when you register for *the MOVE 4 Kids Event*.

[Learn more about using Strava for the MOVE 4 Kids Event.](#)

NOTE: Strava offers both FREE and paid subscriptions for the app. Either option works for *the MOVE 4 Kids Event*.

What kind of physical or fitness activity can I do?

Each Event participant can decide what kind of physical activity they wish to do during the event period. You may choose to do one kind of activity or a variety of activities.

Activities can take place at home, outdoors, at the gym – again it's up to you!

Along with your own fitness activities you might like to sign up for some of these MOVE 4 Kids activities being offered at GoodLife Fitness locations in November.

November 10th – MOVE Summit

This virtual event will let you experience a mini MOVE by GoodLife Kids program session, and learn how your participation in the MOVE 4 Kids Event is impacting youth with autism and intellectual disabilities. Watch your inbox for how to register for this unique opportunity.

November 19th – Cardio Challenge

A Cardio Challenge is being hosted at GoodLife Fitness locations across Canada. Check out the Cardio Challenge event list to find out about the unique events near you.

November 26th – Lift for Kids

Lift for Kids is being hosted at select GoodLife Fitness locations across Canada. Check out the Lift for Kids event list to find out about the friendly lifting competition near you.

Who Do I Contact for More Information?

You have a couple of options if we have not answered your question here:

- 1) Check out the [ABOUT page](#) at www.move4kids.com
- 2) Send us an email at events@goodlifekids.com. Emails are responded to within one business day, Monday to Friday 9am – 5pm EST.

What is GoodLife Kids Foundation?

GoodLife Kids Foundation is a Canadian Registered Charity. GoodLife Kids Foundation enables and supports kids and youth with autism and intellectual disabilities through physical activity and fitness.

Charitable registration number 89126 2628 RR0001

Learn more [here](#).

What is the MOVE by GoodLife Kids program?

MOVE by GoodLife Kids program has been exclusively designed to get youth with autism and intellectual disabilities active, and is offered free to families. Once registered, participants get access to 3 live online small group sessions each week led by one of our passionate coaches.

MOVE is for youth ages 12 – 21 years with autism and intellectual disabilities.

Learn more about the MOVE program [here](#).

