The Power of MOVE

2025 Impact Report

GoodLife KiDS FOUNDATION®

A MESSAGE FROM THE

Board of Directors



A Year of Growth

2025 was a year of momentum and meaningful growth for GoodLife Kids Foundation.

Guided by our 2025-2028 Strategic Plan, we made important progress in expanding access to inclusive fitness opportunities for youth with autism and intellectual disabilities. Through the continued growth of the MOVE by GoodLife Kids Program, more youth and families were able to participate in safe, supportive, and accessible fitness experiences in communities across Canada.

Our national MOVE 4 Kids Event achieved record-breaking success in 2025. The generosity and commitment of GoodLife Fitness leaders, associates, members, donors, sponsors, and community partners continue to make a profound difference. Their support helps ensure that more children and youth can access life-changing fitness opportunities at no cost to their families.

The year also marked an important leadership transition for the Foundation. After 21 years of dedicated service, Lisa Burrows retired as Executive Director. We are deeply grateful for Lisa's vision, passion, and commitment to growing the Foundation's impact over two decades. In October 2025, we welcomed Jill Osborne as Executive Director. Her experience in nonprofit leadership and philanthropy positions the Foundation well for continued growth and future impact.

As we look ahead, we remain focused on our mission of enabling and supporting kids and youth with autism and intellectual disabilities through fitness and physical activity. Thanks to the dedication of our supporters, partners, volunteers, and the GoodLife community, we are well positioned to build on this momentum and create even greater opportunities for the families we serve.



Kelly Musovic,
Chair,
Board of Directors



The MOVE Program

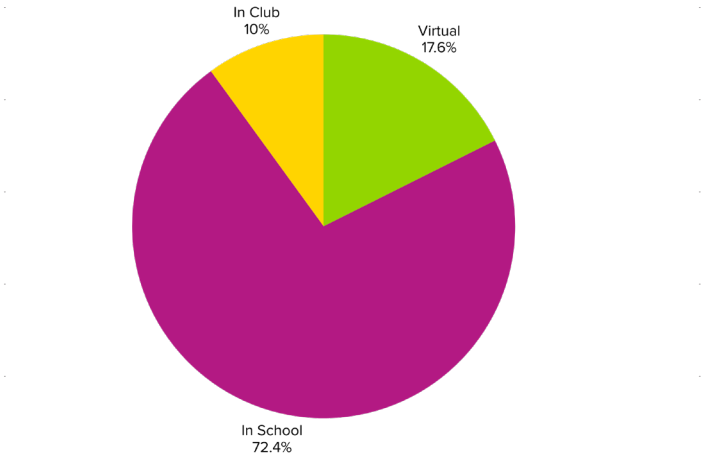
In 2025, strategic expansion began for the MOVE by GoodLife Kids Program, bringing additional programs to GoodLife Fitness Clubs. In April, we launched MOVE Classes in Calgary Alberta, and in October, Ottawa, ON. This growth increased the number of participants MOVEing with us. In 2025, 3,600 MOVE Classes were delivered, with 539 youth experiencing the joys of being active in the MOVE Program.

We surveyed our MOVE Program families in 2025 and this is what they told us:

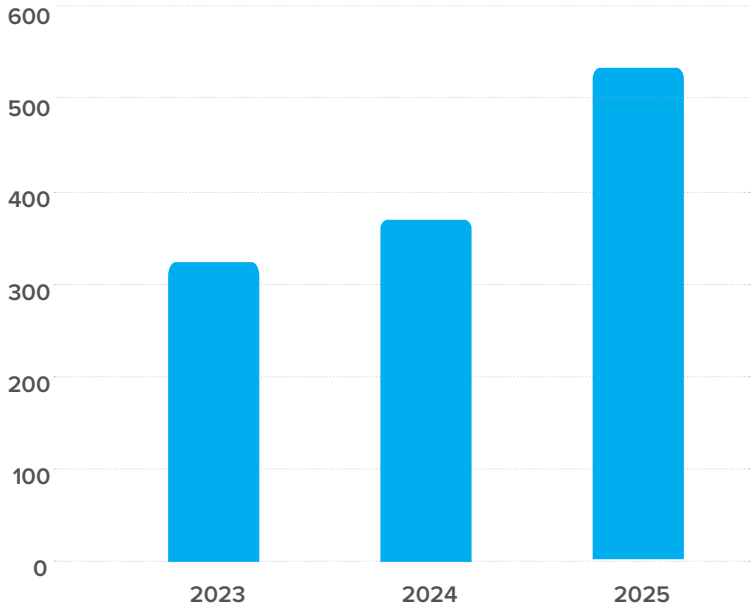
- **97%** said that MOVE helped youth develop courage to try new things.
- **97%** said that classes increased confidence in movement and exercises.
- **97%** said that the MOVE Program has had a positive impact on their youth's mental well-being.



MOVE Classes



MOVE Participants



MOVE Stories

“The MOVE Program has changed our child’s life.”

Parent of a MOVE Program Participant

“My daughter believes more in herself.”

Parent of a MOVE Program Participant

“This is one of the few places my son feels comfortable being himself.”

Parent of MOVE Program Participant





“The MOVE Program has not only changed my life, but our entire family’s life.”

Parent of MOVE Program Participant

“He regained confidence, discipline, and willingness to try new things.”

Parent of MOVE Program Participant



The MOVE 4 Kids Event

The MOVE 4 Kids Event returned in April 2025 raising $914,00! GoodLife Fitness Associates across Canada rallied, raised money and had some fun in support of the MOVE by GoodLife Kids Program.

The funds raised enabled the MOVE Program to run, year-round, at no cost to participants, ensuring consistent and sustainable programming.

> The 2025 MOVE 4 Kids Event saw a **45% increase** in funds raised, the largest growth in the history of the event!

THANK YOU TO THE 2025 MOVE 4 KIDS EVENT SPONSORS!

Nickolas & Barbara Sacco Charitable FOUNDATION

GoodLife FITNESS

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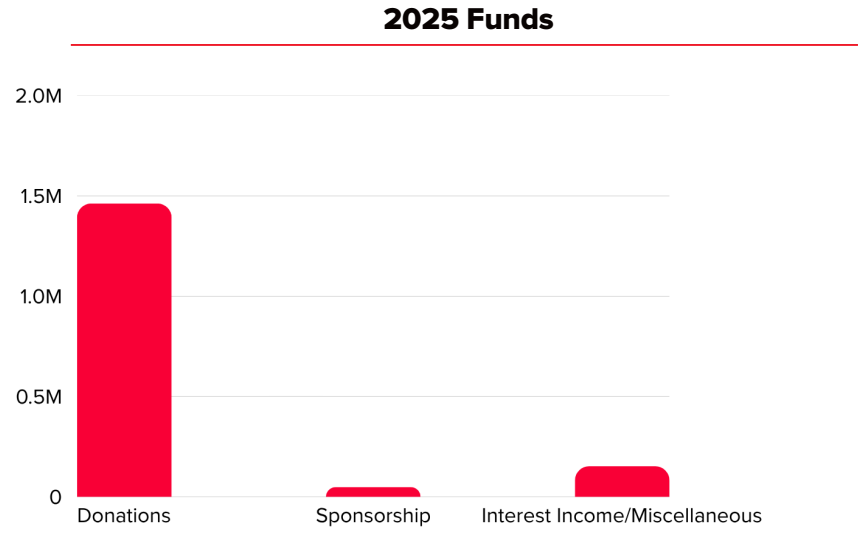
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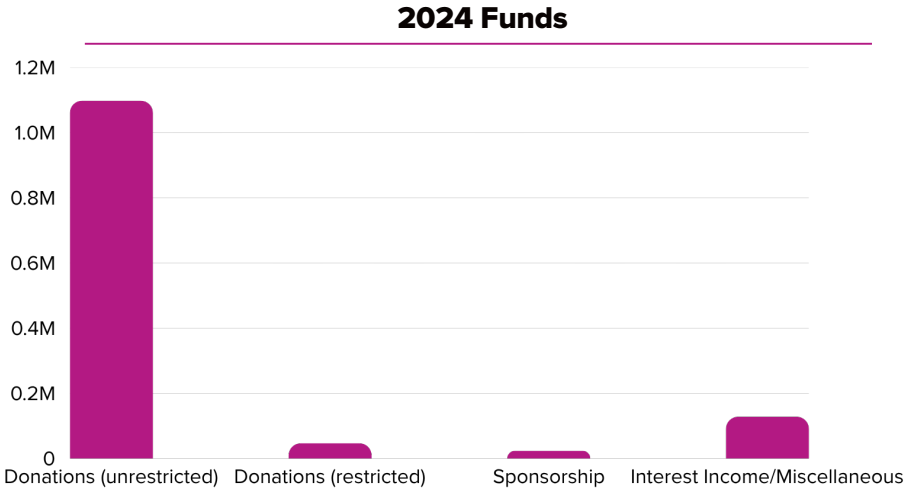
SHELBY'S LEGENDARY SHAWARMA

Gallagher
Insurance | Risk Management | Consulting

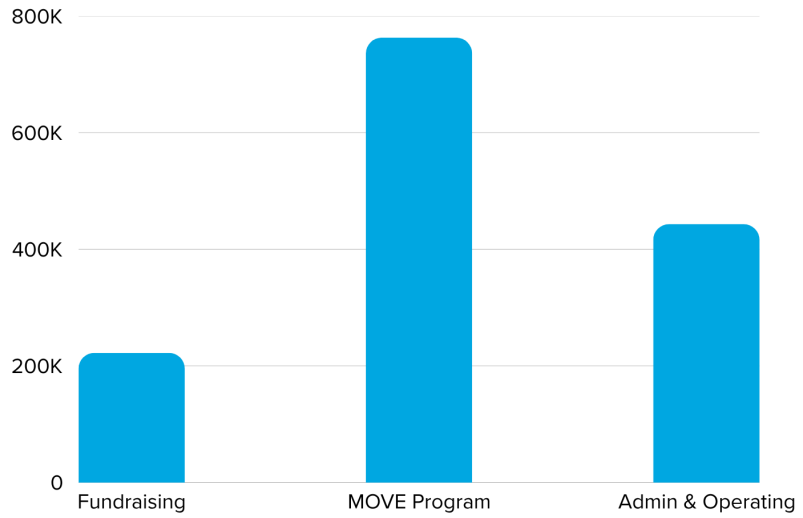
Where the Funds Came From

In 2025. the majority of the funds were received through the MOVE 4 Kids national fundraising event, accounting for nearly 88% of revenue.

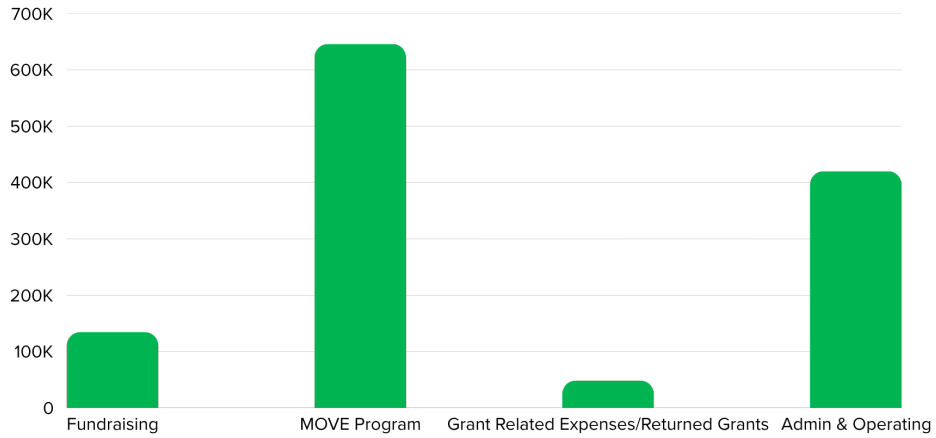




2025 Expenses



2024 Expenses



Where the Funds Go

In 2025, funds were used to bring the MOVE by GoodLife Kids Program to youth virtually and in-person at no cost to participants or their families.

The in-person delivery model utilizes spaces with no rent costs. Operating out of GoodLife Fitness Clubs and partnered schools ensures free programming year-round, maintaining consistency for our youth.

The GoodLife Kids Foundation's administrative and operating expenses are covered by financial contributions from David Patchell-Evans, Founder & Chairman, GoodLife Group. We are so grateful for this ongoing support, which ensures that all funds raised by GoodLife Members, Associates and partners go directly to supporting the MOVE Program.

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