



**For Immediate Release  
March 27, 2015**

**GoodLife Kids Foundation raises \$875,000 to help Canadian kids get active**  
*Indoor fitness fundraiser Spin4Kids Plus sees over 7,500 participants 'Spin, Groove, Move' for kids*

**London, ON** –On March 7, thousands of Canadians participated in *Spin4Kids Plus*, one of Canada's largest indoor fitness fundraisers. GoodLife members and staff joined partners and friends to 'Spin, Groove and Move' in support of GoodLife Kids Foundation, a private foundation with a vision to provide every Canadian kid the opportunity to live a fit and healthy good life. The event raised \$875,000 nationally.

"It was incredible to see so many Canadians come out to spin, groove and move in support of physical activity programs for kids" said Lisa Burrows, Executive Director of the GoodLife Kids Foundation. "The money we have raised will enable us to fund programs in communities from coast to coast."

Spin4Kids Plus featured over 7,500 participants, in teams of up to eight. Teams took part in various activities including cycling, BODYPUMP, BODYCOMBAT, BODYFLOW and Zumba. This year events took place at more than 73 GoodLife Fitness locations, in eight different provinces.

Dr. Richard Barter, affectionately known as 'The Spin Doctor,' is an Emergency Room physician and Group Cycling Instructor who created *Spin4Kids* in 2011. Dr. Barter the team in St. John's and Mount Pearl raised \$141,667.

"*Spin4Kids* is very near and dear to my heart. It's amazing to see how successful it has become," said Dr. Barter. "I would like to thank all the members, associates, corporate teams, businesses, families and friends who chose to support this incredibly rewarding fundraiser. St John's and Mount Pearl are more than proud to bring home the Spin4Kids Challenge trophy."

Funds raised through *Spin4Kids Plus* will support two key initiatives: the GoodLife Kids Foundation Grant Program and the new GoodLife4Kids School Program. To date, GoodLife Kids Foundation has given \$1.6 million to almost 200 organizations, helping more than 221,000 Canadian children live more active, healthier and happier lives. A new GoodLife4Kids School Program is currently being piloted in 10 communities across Canada and will expand to include more areas in September 2015.

GoodLife Fitness Founder and CEO David Patchell-Evans established GoodLife Kids Foundation in 1998. Patchell-Evans says the GoodLife4Kids School Program is a chance to leverage GoodLife's fitness expertise to help more Canadian kids be active in the school environment.

“We’re very excited about the new GoodLife4Kids School Program. It’s allowing us to connect with kids in communities across Canada and promote physical activity and the benefits of exercise. It’s instilling healthy habits in children which will set the foundation for them to continue to live a fit and healthy good life.”

**Fun facts about *Spin4Kids Plus*:**

- 73 host events
- Participants from 210 GoodLife Fitness Clubs
- Over 7,500 participants nation-wide
- *Spin4Kids Plus* spanned eight provinces: NL, NS, NB, ON, MB, SK, AB, BC
- Most money raised at multi-club *Spin4Kids Plus* event: \$141,667
- Most money raised by a single GoodLife Fitness Club *Spin4Kids Plus* event: \$25,139

**About GoodLife Kids Foundation**

GoodLife Kids Foundation is a private foundation with a vision for every Canadian kid to have the opportunity to live a fit and healthy good life. To date GoodLife Kids Foundation Grant Program has given \$1.6 million to almost 200 organizations, impacting over 221,000 Canadian children. **To learn more about the GoodLife Kids Foundation Grant Program or the new GoodLife4Kids School Program go to: [www.goodlifekids.com](http://www.goodlifekids.com).** Join the conversation on getting Canadian kids active: [facebook.com/goodlifekids](https://facebook.com/goodlifekids) and @goodlifekids

GoodLife Fitness covers 100 per cent 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 NOTE:** Interviews, B-Roll footage, and photos available upon request

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