



Lift4Life Worldwide

Lift and Uplift

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Lift4Life Worldwide strives to create a world where strength is accessible to all. We envision a world where everyone has the opportunity to feel both mentally and physically strong by experiencing the benefits of sport.

lift4life-worldwide.org
[@lift4life_worldwide](https://twitter.com/lift4life_worldwide)

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Our mission is to use strength training and the formal sport of powerlifting as a vehicle to empower communities regardless of gender, race, religion, age, ability, socio-economic status and more.

Strength sports are proven to be a powerful tool to build community and connect individuals around the world. Our work is evidence based to address drug and substance abuse, promote positive health, reduce crime, foster the empowerment of women, provide employment opportunities and so much more.



Gyms

- **5 different gyms** built locally in Harare & **1 community gym** in progress in Lesotho
- **1 powerlifting competition set** in Ontario, Canada for community use
- **1 complete competition set** donated in Zimbabwe in partnership with IPF

Lifters

- **200+ lifters** registered formally under the Zimbabwe Powerlifting Federation
- **500+ community members** with regular free access to Lift4Life community gyms
- **40+ lifters** supported in Lesotho
- **28 athletes** sponsored in int'l virtual competitions

Community

- **14 international competitors**, including participation at the 2017 Commonwealth Championships, 2018 & 2019 African Arnolds, and the 2019 African Championships
- **The Empower Project** established in Canada, free female youth strength training classes

Education

- **175+ school fees** sponsored for youth lifters, supporting both their academics and athletics
- **16 first aid / sports Certification Courses** sponsored under the Zimbabwe Sports and Recreation Commission

Health

- **250+ menstrual hygiene kits** distributed in partnership with the *Restoration Hem Project*
- **Regular nutritious snacks** provided during youth team trainings
- **Community garden & 2 chicken farms** established