



# LIFT4LIFE WORLDWIDE YEAR IN REVIEW

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**#LIFTANDUPLIFT IN 2020**



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## AMBASSADOR TEAM

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Lift4Life Worldwide launched our **Ambassador program**, recruiting nine new supporters who are volunteering their time to support our mission to make fitness more accessible to all. The team has grown and now represents three separate committees. They have hosted multiple virtual events, and have even virtually trained with some of our communities in Zimbabwe! Thank you to our wonderful Ambassador team for supporting the Lift4Life mission so passionately. If you are interested in joining our Ambassador team, please visit [lift4life-worldwide.org/lift4life-ambassador-program](https://lift4life-worldwide.org/lift4life-ambassador-program). We are so excited to see what 2021 has in store!

## MENSTRUAL HEALTH

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In celebration of Menstrual Hygiene Management day on May 28th, the Lift4Life team partnered with the **Restoration Hem Project**, an organization that helps to provide menstrual hygiene products to girls in Zimbabwe and provides sexual health education. We were able to deliver over **90** menstrual hygiene kits to girls in Harare, which contained 2 waterproof sheilds, 6 flannel liners, 2 pairs of cotton underwear, a bar of soap and a plastic bag.

We expanded to **Lesotho** in 2020 and hosted a workshop in partnership with the Bar Gym in South Africa!



## BE A BETTER HUMAN COURSE

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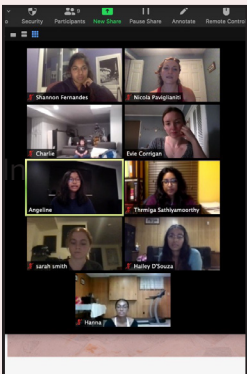
Lift4Life Worldwide partnered with **Be a Better Human** in order to create a micro-course that details the history of Powerlifting, basic lifts and form and competition structure. Every course taken sponsors the course for someone who may need financial assistance. Check it out and consider taking this informative course by scanning the QR code here! <<<



## VIRTUAL POWERLIFTING MEETS

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Lift4Life Worldwide was able to partner with two of our fantastic and long-time supporters, **Calgary Barbell and the Strength Guys**, to support **seventeen** powerlifters from Zimbabwe in participating in two virtual powerlifting meets. These meets engaged lifters from all around the world and was an amazing opportunity for lifters with all different experiences to feel the community of the sport of powerlifting. Thank you to Calgary Barbell and the Strength Guys for helping to facilitate this historic opportunity.



## THE EMPOWER PROJECT

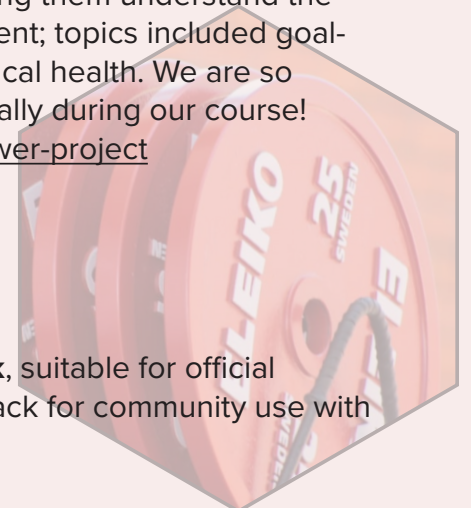
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October, Lift4Life Worldwide was awarded \$2,500 from the WISE Fund to run **the Lift4Life Empower Project**. The Lift4Life Empower Project was a six-week, free online course that utilised strength training as a vehicle through which to achieve personal and interpersonal skill development for girls aged 12-18 in Canada. The course was created by Lift4Life Practicum student, Evie Corrigan, who is currently studying for her post-graduate diploma in International Development at Massey University in New Zealand. Evie, along with Nicola Pavligianiti, Executive Director of Lift4Life, and Shannon Fernandes, Lift4Life Canada Director, ran the program over 6 weeks, taking young girls through workouts and helping them understand the basics of strength training. Each session also had an educational component; topics included goal-setting, positive self-talk, challenging gender norms, community and physical health. We are so proud of our girls for challenging themselves both physically and emotionally during our course! To learn more please visit our website at [lift4life-worldwide.org/the-empower-project](https://lift4life-worldwide.org/the-empower-project)

## EQUIPMENT DONATIONS

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The Zimbabwe Powerlifting Federation was able to acquire an **Eleiko rack**, suitable for official competition. On top of that Lift4Life Worldwide built and donated a new rack for community use with the support of local welders.







## COVID-19 CAMPAIGN

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In March, the COVID-19 pandemic stopped the world in its tracks. Lift4Life facilitators in Zimbabwe and Lesotho were unable to continue programming in gyms and schools. The Lift4Life team in Canada and the U.S. raised **\$5,000** throughout the summer of 2020 to support altered programming to help communities in the way they needed most. **A community garden** was built to support continued nutrition. Textbooks were purchased and children continued their education through **outdoor classes**. We sponsored wifi for members of the community, and Lift4Life Ambassadors ran virtual **work-out classes** for children of all ages from across the world. Finally, a **chicken coop and chicks** were purchased, serving as a dual purpose: to both teach skills of entrepreneur and business, while providing a sustainable food source in the community. The need was great and we could not be happier that students continued to learn and communities continued to thrive. To learn more please visit our website at [lift4life-worldwide.org/covidrelief](https://lift4life-worldwide.org/covidrelief)



## LIFT4LIFE MOBILE GYM

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By Fall 2020, it was evident that the COVID-19 pandemic was not going to slow down. Though the mention of a vaccine gave hope to millions, the reality is that those most vulnerable in the world will likely be the last in line to receive it. Our facilitators in Zimbabwe communicated the need for **a mobile gym**: a vehicle that could bring the gym equipment to anywhere in the community. This would alleviate need for groups to gather in close quarters at the Lift4Life gym in Harare, encourage socially distanced workouts and would allow the gym to be delivered to those who needed it most, regardless of their proximity to the facility. As always, Lift4Life's dedication to making strength accessible to all is an invaluable piece of our larger mission to connect communities and inspire resiliency, which cannot be more important than in the face of a global pandemic.



# THANK YOU!



We couldn't do the work we do without great supporters and partners like you! From attending our events, to contributing to our projects, to spreading the world on social media, we really felt the love this year. Thank you for believing in our mission and for helping to make strength training accessible to all.

**We look forward to your support in 2021!**

**#LIFTANDUPLIFT**

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