

### **Why Teens Should Join GoodLife**

- Teen overweight and obesity has become an epidemic in Canada
- Teens are great future prospects
- Potential leads for adult members like parents/guardians, relatives, coaches, siblings, friends, etc.
- Potential personal training clients (parent/guardian must be present for initial consultation)
- Group EXercise Specialty Programming

### **Canadian National Health Measures Survey Results (Statistics Canada issued January, 2010):**

- Among teen boys in the 15 to 19 age group, the proportion classified as overweight or obese rose from 14% to 31% between 1981 and 2009. Among teen girls, it increased from 14% to 25%
- Fitness levels of children and youth have declined significantly since 1981, regardless of age or sex
- Among youth aged 15 to 19, the percentage whose waist circumference put them at an increased or high risk of health problems has more than tripled in the same time period

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### **The Teen Fitness Policy**

Once a person has reached the legal age of majority for the province they are considered an adult and are legally able to sign a membership agreement without parental consent:

- Alberta, Manitoba, Ontario, Prince Edward Island, Quebec, Saskatchewan: Age of majority is 18
- British Columbia, New Brunswick, Newfoundland, Nova Scotia: Age of majority is 19

Under that age to a minimum of 12 years of age Youth must complete the following to join:

1. Parent/Guardian must visit the club where the Youth is joining to sign all paperwork including schedule A.
2. Youth must complete 'Youth Passport Training Program' which is a series of orientation appointments to stress the importance of form and technique.

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### **How the Youth Passport works**

1. The sales person will put a bar code on the front of the passport below the Associate Initials.
2. This Youth Passport and bar code should be written on the agreement and used as their access to the club until the passport is completed.
3. Once the Passport is completed with associate initials on all required work outs (ideally within first 30 days) the Youth member will hand in their initialled passport to the Customer Service Representative.
4. The Customer Service Representative will then attach the Youth Passport to a change form with a new barcode number that will be attached to their new membership card.
5. The passport should be sent to home office with the change form. The Customer Service Representative will then make the member a card and give it to them to use from this point onward.

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Children under 12 years of age will be considered a special case, and must be first approved by the Home Office Manager of Member Experience.

If you have any questions regarding this policy please contact your Member Experience Regional or Member Experience Department at [memberexperience@goodlifefitness.com](mailto:memberexperience@goodlifefitness.com) or 1-800-387-2524.