



# Looking to crank things up?

Then get your wheels spinning at

**mito**  **spin** <sup>2022</sup>  
Energizing Lives!

## Join us February 26

for our incredible, virtual, coast-to-coast mito challenge.

You bring your energy, heart and sweat  
and we'll deliver an inspirational experience you'll not soon forget.

- **Choose your experience** -- spin for 1 hour, 2 or all 5!  
We've got incredible athletes to keep your mito moving!
- **Register as an individual or join a team**
- **Earn valuable incentive prizes** by asking friends, family and colleagues to support you **and** MitoCanada

Get the Details and Register Now

[mitocanada.org/spin](https://mitocanada.org/spin)