It’s time to get #FitForTheFrontLine!

May 26 – June 14

From now through June 14, people of all ages across the country are joining #FitForTheFrontLine, a nationwide fitness and health challenge to support our brave front line health care workers. Led by The Mount Sinai Health System in New York, #FitForTheFrontLine promotes physical fitness and mental wellness while honoring the doctors, nurses, and first responders who have answered the call to action during the COVID-19 pandemic. This is a great opportunity for school communities to join in.

Why should my school or class participate?

There are so many reasons to take part in #FitForTheFrontLine:

- Say “thank you” to our health care workers
- Reinforce the importance of community
- Take action and improve your health during the pandemic
- Be creative and change up your normal routine
- Integrate physical education, ELA, and math learning standards in a fun new way

It’s easy to participate in #FitForTheFrontLine, and you can sign up anytime from now until June 14.

Step 1: Pick an activity and make a pledge
Choose a healthy activity and set a goal for how much of it you’ll do from now through June 14. Students can complete activities outside school hours, or classes can select the same activity and even do it together virtually.

Examples:

- “I pledge to walk one mile every afternoon.”
- “Our class will do ten minutes of yoga every day after lunch.”
- “My family is going to meditate for a total of 120 minutes from now until June 14.”
- “I’ll eat three different fruits or vegetables every day.”

Step 2: Track your progress
Write down your daily activity on the #FitForTheFrontLine tracker and how you’ll measure your amount. Add up your personal grand total on June 14. Classes can also calculate their class total.

Step 3: Share and inspire along the way
Share your progress with your friends, your class, your school, and the larger community. Schools and parents can post about students’ daily activities on social media by tagging #FitForTheFrontLine and @MountSinaiNYC.

Ready to get started? Great! Complete the top portion of the tracker on the next page, then you’ll be on your way to getting #FitForTheFrontLine!
**Activity Pledge:** What will you do to get #FitForTheFrontLine?

**Measurement:** How will you measure the amount of your activity? (for example: time, number completed, distance)

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### Track Your Progress!

Example: Date __5/27/20__ Activity __Hula Hoop__ Amount _20 minutes_

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#FitForTheFrontLine: Classroom Activities

*May 26 – June 14*

#FitForTheFrontLine is an opportunity to embrace health and wellness while shining a spotlight on our brave frontline health care workers. It’s also a chance to integrate creative virtual classroom activities that engage students, support learning standards, and reinforce the idea that all of us can take positive action during challenging times.

**Sample #FitForTheFrontLine Activities**

Students can choose a variety of activities that support physical fitness, healthy eating, and mental wellness:

- Walking, jogging, and running
- Jumping rope
- Playground activity
- Hula hooping
- Biking
- Dancing
- Juggling
- Yoga
- Gardening
- Meditation
- Cooking healthy meals
- Eating a variety of fruits and veggies

**Sample Virtual Classroom Activities**

Teachers can incorporate #FitForTheFrontLine in a variety of ways through standards-based virtual classroom activities. Each can be adjusted for different age groups or extended for an extra challenge during or outside class.

- Design a **7-minute workout** for your class
  *Extend it: Create a how-to sheet with instructions for each exercise*

- Write an **op-ed** about why it’s important to support our health care workers
  *Extend it: Come up with a virtual event to raise money for your local hospital*

- Create a #FitForTheFrontLine print or online **advertisement**
  *Extend it: Write a script for a companion TV ad*

- Plan a health-centered **scavenger hunt** for your family
  *Extend it: Time your family members as they complete your scavenger hunt*

- Write a **thank you letter** to a front line health care worker
  *Extend it: Adapt your letter into a bumper sticker slogan or social media hashtag*

- Create a **healthy recipe** with ingredients, amounts, and step-by-step instructions
  *Extend it: Make a menu for a healthy restaurant*