

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!**

#FitForTheFrontLine Tracker Name _____



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)

Track Your Progress!

Example: Date 5/27/20 Activity Hula Hoop Amount 20 minutes

Date _____ Activity _____ Amount _____

Date _____ Activity _____ Amount _____

Date _____ Activity _____ Amount _____

Date _____ Activity _____ Amount _____

Date _____ Activity _____ Amount _____

Date _____ Activity _____ Amount _____

Date _____ Activity _____ Amount _____

Date _____ Activity _____ Amount _____

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Date _____ Activity _____ Amount _____

Date _____ Activity _____ Amount _____

Date _____ Activity _____ Amount _____

Date _____ Activity _____ Amount _____

Date _____ Activity _____ Amount _____

Date _____ Activity _____ Amount _____

Grand Total: _____

#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