

1. Physical Activity Opportunities for Children and Youth Are Limited Due to the Current COVID-19 Pandemic

Exercise is one of the most effective ways to promote mental and physical health, prevent disease, and most importantly in the midst of the pandemic, bolster a strong immune system.

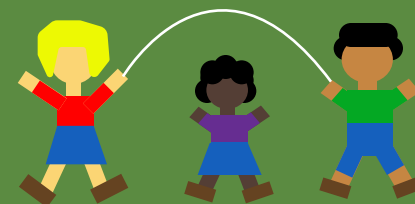


3. Helping Families Stay Active at Home

InPACT@Home is an evidence-informed, home-based physical activity program that enables K-12 students to engage in health-enhancing physical activity while sheltering-in-place.

2. Not All Children and Youth Have a Safe Place to Be Active Outside of School

School closures eliminate many opportunities for youth to engage in structured exercise as many children lack safe spaces to exercise or play sports in their neighborhoods.



Statewide Plan to Promote Youth Physical Activity in Michigan during the COVID-19 Pandemic and Beyond

To learn more about InPACT@Home visit [HTTPS://ESSI.UMICH.EDU/ACTIVE-SCHOOLS-COMMUNITIES](https://ESSI.UMICH.EDU/ACTIVE-SCHOOLS-COMMUNITIES)

4. The Urgency of Now

Working together to help K-12 students move more at home is more important today than ever before as physical activity is essential for human growth and development. By bringing a home-based physical activity program to every Michigan household, we can provide equitable access to health-enhancing physical activity during a time when our children and youth need it the most.

Program Partners

