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.

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.

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.

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.

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

Program Partners