



STATE OF MICHIGAN
DEPARTMENT OF EDUCATION
LANSING

GRETCHEN WHITMER
GOVERNOR

MICHAEL F. RICE, Ph.D.
STATE SUPERINTENDENT

July 2, 2020

Rebecca E. Hasson, Ph.D., FACSM
Associate Professor, University of Michigan
1402 Washington Heights
Ann Arbor, MI 48109-2013

Dear Dr. Hasson:

The Michigan Department of Education is excited to join the Michigan School Health Coordinators' Association, the Society of Health and Physical Educators Michigan, the Michigan Elementary and Middle School Principals Association, and the Michigan Public Health Institute, to partner with the University of Michigan to promote *Interrupting Prolonged sitting at Home* (InPACT@Home).

Physical activity is one of the most effective ways to promote mental and physical health, prevent disease, and bolster a strong immune system – all incredibly important amid the COVID-19 pandemic. Efforts to flatten the curve of COVID-19 cases have made traditional opportunities to be physically active difficult to access for our children, youth, and their families. Existing disparities in access to social and environmental supports for physical activity have been further exacerbated by school closures, and would contribute to a widening gap in physical activity participation among those at greatest risk for COVID-19.

Our collective efforts to promote InPACT@Home will provide K-12 students with access to 20-minute cardio workout videos that are developmentally appropriate and approved by pediatric exercise physiologists and physical education specialists. The videos will also offer nutrition messaging and social emotional learning activities and will be accessible on smartphones, tablets, and computers.

Working together to promote increased movement for children in grades K-12 is more important today than ever before. We are pleased to partner with you and play a role in helping our children and youth stay healthy during the COVID-19 pandemic and beyond.

Sincerely,

A handwritten signature in black ink that reads "Michael F. Rice".

Michael F. Rice, Ph.D.
State Superintendent

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608 WEST ALLEGAN STREET • P.O. BOX 30008 • LANSING, MICHIGAN 48909
www.michigan.gov/mde • 833-633-5788