

INPACT at HOME



Improving the health and well-being of Michigan children and their families

The need: School closures during the COVID-19 pandemic eliminated many opportunities for youth to engage in structured exercise as many children lacked spaces to exercise or play sports in their neighborhoods.

The partnership: School district consultants, state and local legislators, regional school health coordinators, community outreach specialists, professional sports teams, behavioral interventionists, and implementation scientists across the state of Michigan came together to develop and disseminate a program to get kids moving at home.

The program: Interrupting Prolonged sitting with ACTivity (InPACT) at Home is an evidence-informed, home-based physical activity program that enables K-12 students to engage in health-enhancing physical activity during COVID-19 and beyond. The program includes a family engagement toolkit, physical activity play cards, which can be accessed in our interactive program website. Visit our program website at: inpactathome.umich.edu.

Resilience
We can bend, and not break!

Feeling Good
A sense of satisfaction and well-being

Nutrition
Eat the rainbow!

Move Together!
Learning about foods and portion sizes. What should your plate look like before you eat? The amount of each food group you need to eat depends on age, sex, and level of physical activity. There is so much to know about the food we eat. Take the time to get to know your foods and all it has to offer. Check out this video to learn how to create a healthy plate!

Choose MyPlate.gov



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