

RUN FOR IT

NEW ONLINE PROGRAM

The Run for It program is an **8-week mental health program for students** that incorporates physical activity and weekly challenges to positively associate the effects of physical activity on mental health wellness. Since 2015, the Run for It program has helped thousands of Canadian students discover strategies to manage mental health, **reaching over 200 schools and 4800 students in 17 Canadian cities in 2019.**

COVID-19 has shifted our world and our students need our mental health support more than ever. **We've partnered with the Canadian Mental Health Association** to develop a program that will allow students to:

- Discover the source of their COVID-19 related anxiety
- Take steps to self-care

It's simple and it's online

This new program addresses what is leading to increased anxiety amongst students due to COVID-19

- Isolation from friends
- Lack of routine/schedule
- No extra-curricular activities
- At-home stress
- Stress of the unknown

The new online program includes:

- 8 weekly COVID-19 mental health lessons
- Designed for Online Learning
 - Simple Turn Key lessons
 - Adaptable to different mediums (Zoom, Google Classroom, social media etc.)
 - Weekly Challenges related to the mental health lessons to increase engagement
- Exercise Program Adapted for Isolation
 - Learn to Run training guide with exercise safety tips
 - Additional at-home workouts
- Direct access to your local Run for It Coordinator for support
- National Facebook support group for teachers

What Teachers are Saying

"I think that offering this program online would be amazing! I know students are looking for structure, routine and socialization right now. Really, I think students are just looking for a way to connect and bring some normalcy and routine back into their lives." – Erin, Teacher in York Region

"I do believe that my students would be interested in participating in an "online" run club... Many [students] do seem to be wanting ideas of how to spend their time so this could be a great option." – Emily, Teacher in Ottawa

"Personally, I have been running daily as the fresh air and exercise [is] my only outlet during this crisis. It helps me out big time, and so I wanted to get the girls on board as well." – Mindi, Teacher in London

Contact your Run for It Coordinator today

If you are interested in facilitating this new Run for It Online Program in your school community or would like more information, please send an email to **toronto.runforit@gmail.com** to request the first 2 weeks of curriculum.



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