

# AFH COVID-19 ATHLETE INSTRUCTIONS

## INITIATIVE 1: #AFHFITATHOME



**#AFHFitAtHome** helps kids stay active as schools and non-profits close their doors to combat COVID-19. AFH athlete members will film videos that demonstrate their favorite physical activities (targeted to children with no equipment required) as they also share encouraging messages to inspire kids to stay active and lead healthy lifestyles while at home.

### HOW TO GET INVOLVED

**On your phone, film a short 1-2 minute video. The video should include:**

- Your name and your sport or team.
- Describe 2-3 of your favorite exercises for kids. Assume the kids won't have any equipment at their homes.
- Demonstrate 5-10 repetitions of each exercises.
- Share any final message you want to hear the kids to hear.

Once you have finished, send your video to Chris Wyttenbach at [cwytttenbach@athletesforhope.org](mailto:cwytttenbach@athletesforhope.org) or text it to 202-384-6762.

### SOCIAL MEDIA

AFH will share your video over its social media channels, and we would love for you to do the same! Please see below for sample messages that you can feel free to use (or create your own) and then share with your networks.

**MESSAGE 1:** I'm joining athletes from all different sports and **@AthletesforHope** to create fun exercise videos for kids. If you know a parent with kids at home, share this video playlist with them. It's a great way to get kids up and moving. **#AFHFitAtHome**

**MESSAGE 2:** Schools are closed and kids are stuck at home. It's time to get them off the couch and exercising! Athletes from all different sports have come together with **@AthletesforHope** to make fun exercise videos for kids. Check them out and share these videos with parents. **#AFHFitAtHome**

**MESSAGE 3:** Let's get those kids off the couch! Athletes from all different sports have joined **@AthletesforHope** to create fun exercises for kids. There are burpees, lunges, star jumps and lots of other creative ways to get moving. Check them out and share with parents you know. **#AFHFitAtHome**

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## INITIATIVE 2: AFH-CLASSROOM

## CHAMPIONS FACEBOOK LIVE SESSIONS



AFH is partnering with Classroom Champions to host live Facebook chats five days a week (12:00-12:30 EST) in which athletes go live with teachers, parents and students to discuss mindfulness, healthy living, lead a workout, or talk about another topic of their choosing. Through these chats, AFH athletes will provide insightful, inspiring, and engaging lessons to everyone who tunes in.

### HOW TO GET INVOLVED

If you are interested in participating in a session, reach out to Chris Wyttenbach at [cwytttenbach@athletesforhope.org](mailto:cwytttenbach@athletesforhope.org) or text it to 202-384-6762.

Chris will help schedule the session, and develop the content of the visit with the help of Classroom Champions.

### SOCIAL MEDIA

AFH will share your video over its social media channels, and we would love for you to do the same! Please see below for sample messages that you can feel free to use (or create your own) and then share with your networks.

**MESSAGE 1:** I'm partnering with **@AthletesForHope** and **@ClassroomChamps** to get kids bodies & minds active. We're going to talk all kinds of things: mindfulness, healthy living, maybe I'll even lead a workout. Tune in to [Facebook.com/AthletesforHope](https://Facebook.com/AthletesforHope) on *(insert date here)* from 12-12:30 EST. See you there.

**MESSAGE 2:** Have kids stuck at home right now? Tune in to [Facebook.com/AthletesforHope](https://Facebook.com/AthletesforHope) on *(insert date here)* from 12-12:30 EST. I'm partnering with **@AthletesForHope** and **@ClassroomChamps** and am leading kids in a few exercises and hosting a virtual hang out. I hope you'll join me.

**MESSAGE 3:** Kids are bored! Parents, I got your back! Kids tune in to [Facebook.com/AthletesforHope](https://Facebook.com/AthletesforHope) on *(insert date here)* from 12-12:30 EST for a virtual hang out with me! I'm partnering with **@AthletesForHope** and **@ClassroomChamps**. We're going to chat and I'll lead a few exercises. See you then!

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## INITIATIVE 3: #AFHWORDSOFHOPe



In this time in which millions of people are afraid and focused on the negative consequences of COVID-19, AFH Athletes have the opportunity to spread messages of positivity, inspiration, and hope targeted to the teenage and adult population.

### HOW TO GET INVOLVED

**On your phone, film a short 1-2 minute video that focuses on positivity, inspiration and hope for the teenage and adult population during the COVID-19 pandemic. Your message can incorporate one or several of the following themes, in addition to sharing your own thoughts around giving hope and inspiration:**

- This is a challenging situation that was forced upon us, but we can turn it into a positive.
- Although we might feel isolated and physically separated, we are all part of the team that is in this together.
- We have all faced adversity in our lives, and we will overcome this temporary challenge.
- Take time to reconnect and create stronger bonds with family and friends, reach out to those who might seem like they are struggling to be poise voice, and continue to lean on one another for support.
- We can use this unique time to be more mindful about the present, and plan for the future.

Once you have finished, send your video to Chris Wyttenbach at [cwytttenbach@athletesforhope.org](mailto:cwytttenbach@athletesforhope.org) or text it to 202-384-6762.

### SOCIAL MEDIA

AFH will share your video over its social media channels, and we would love for you to do the same! Please see below for sample messages that you can feel free to use (or create your own) and then share with your networks.

**MESSAGE 1:** There is a lot of uncertainty in the world right now and people are facing a lot of stress, but I think there's room right now for a little bit of positivity – a little ray of sunshine. Watch my video and let's spread some hope.

**#AFHWordsofHope**

**MESSAGE 2:** This is a challenging situation that was forced upon us, but we have a choice. We can turn something that's negative it into a positive. Watch my video and let's spread some hope.

**#AFHWordsofHope**

**MESSAGE 3:** All of us have faced adversity in our own lives. I know I have faced some difficulties, but we can and we will overcome this temporary challenge together. Check out my video and help spread some hope. **#AFHWordsofHope**