



PASS THE PASSION.

# OPPORTUNITIES FOR ENGAGEMENT

COVID-19

## GET KIDS MOVING!

Send us a video of your favorite at home exercise(s) and we'll include it as part of our inspiration to get kids moving across the U.S. while they are out of school and at home.

If you are up for participating, please film a video in which you say your name, your team/sport (or former team/sport) and demonstrate your favorite exercise and share any final message that you want the kids to hear!

## DONATE BLOOD

Donate blood to your local blood bank. Blood banks are facing severe shortages due to COVID-19 but now is when they need it most!

Locate a nearby blood bank [HERE](#).

## SUPPORT SMALL BUSINESSES

Shop while practice social distancing! Despite the monumental loss of profits, many small businesses are choosing to shut their doors to keep employees and customers safe.

Support these companies by purchasing gift cards and shopping online.

## FOOD BANK CONTRIBUTION

If you're healthy and able, sign up to volunteer at your local food bank. Unable to volunteer? No problem! Consider making a donation online.

Find a nearby food bank [HERE](#).