

Interrupting Prolonged Sitting with Activity

# InPACT

FAMILY TOOLKIT



**CHILDHOOD DISPARITIES  
RESEARCH LABORATORY**  
UNIVERSITY OF MICHIGAN



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# Who We Are

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## Our Collective Vision

The *Interrupting Prolonged Sitting with ACTivity (InPACT) at Home Family Toolkit* is the premiere resource in the state of Michigan to strengthen school-home connections around children's health, wellness, and achievement.

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## Our Mission

To empower families to move together, think together, and be together, and to practice health behaviors through the common thread of physical activity.

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## Our Core Value

We believe engaging in regular physical activity is one of the most effective ways to promote mental and physical health, well-being, and achievement for children, families, and communities.

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# About this Toolkit

## Move. Think. Be.



Children's well-being improves when schools and families work together. The InPACT at Home Family Toolkit makes these connections through movement. This program is meant to help you enhance your family's wellness – you can Move Together, Think Together, and Be Together!

One of the most important things we can do is encourage families and schools to work together. Collaborating can enhance your child's well-being and success in school and at home! Family time can boost your child's motivation, attention, and self-confidence; school time can improve your child's learning and achievement.

During COVID-19, the University of Michigan and community partners created a family toolkit to help families keep children healthy and successful. We soon found that this toolkit could also be useful for children and families beyond the pandemic! It can prepare your family to build a healthy lifestyle based on a few key principles:

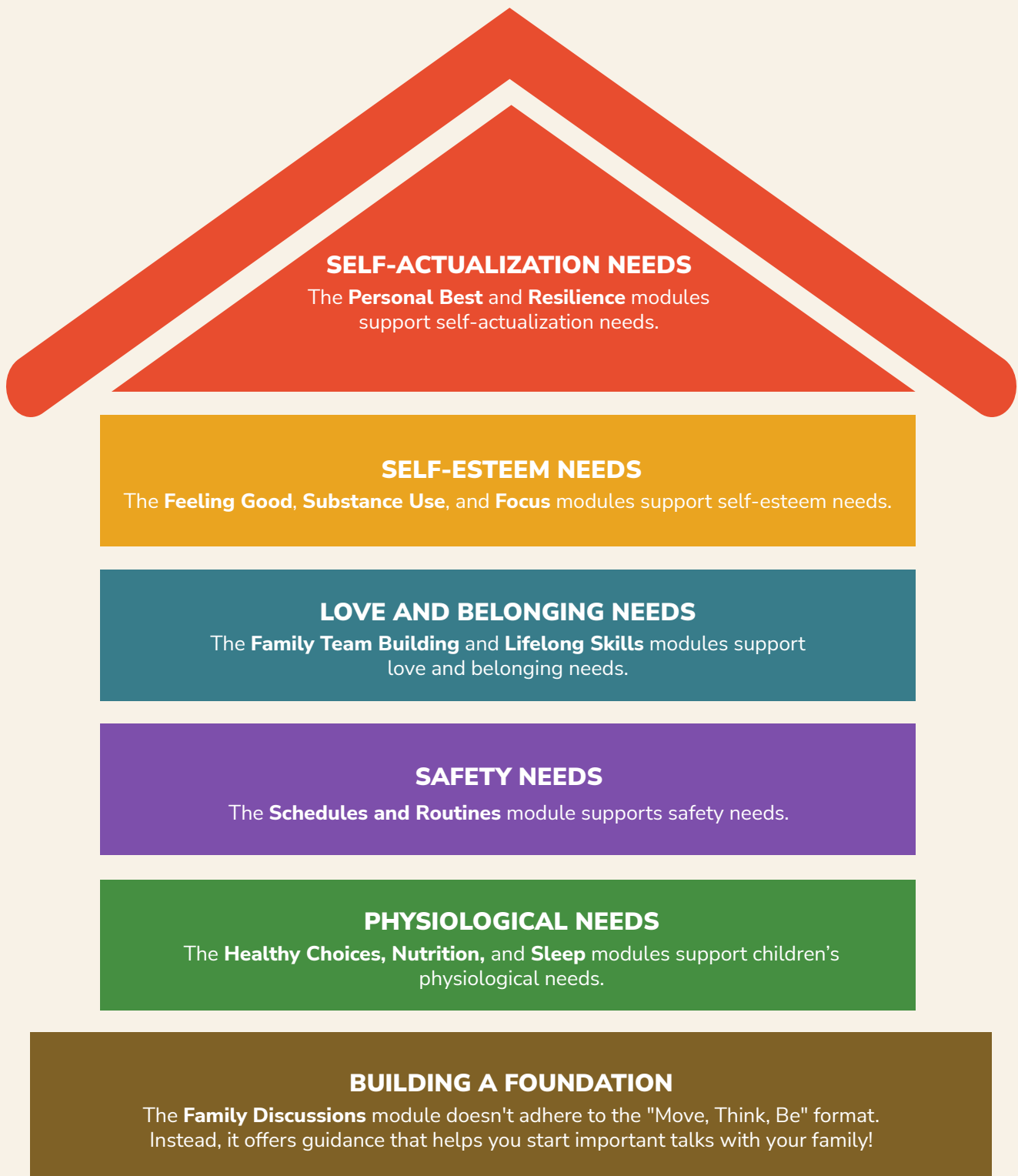
- **Move Together:** Being physically active as a family
- **Think Together:** Solving problems as a family
- **Be Together:** Creating a strong family team

This toolkit was inspired by Maslow's Hierarchy of Needs. First, there are "physical" needs for survival: we need food, water, and shelter. Once we have those, we can move up the ladder to "safety" needs like the security of our family, our property, and our health. Next, we can move up to "love and belonging" needs that we get from family, friends, and partners. When those needs are met, we can move to self-esteem needs like confidence, success, and respect. Only once all that is in place can we move up to the "top" goal: self-actualization. That's when we reach our full potential to be the "best we can be." This model shows that to be healthy and successful, needs should ideally be met in a certain order — and it's hard to skip steps!



# Maslow's Hierarchy of Needs

The InPACT at Home Family Toolkit supports each need while moving through the levels. We've also added a foundational module on which the house sits.



Maslow, A. H. (1943). A theory of human motivation. *Psychological Review*, 50(4), 370–396.



## Equality

Illustration showing four people of different heights (tall man, woman, medium man, and child) each on their own bicycle. The shortest person (child) cannot reach the pedals, while the tallest person (man) is hunched over.

## Equity

Illustration showing the same four people on bicycles, but the tallest person is now on a stationary bike, the woman and medium man are on standard bikes, and the child is on a smaller bike. All can now pedal comfortably.

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To make InPACT at Home work for your family, you'll need to look at the things that affect your opportunities to move together, think together, and be together. Many factors can influence your family's chances to be physically active: your own values around being active, resources in your community, or your family and friends. Figuring out what you have and what you need to succeed is a step towards equity! To effectively use the InPACT at Home Family Toolkit, consider the questions below to help you plan. Grab a piece of paper and write down the answers as a family.

### List each member of your family and what physical activities they like best.

- Ask each person why physical activity is important to them. Write that next to their favorite activities.
- Talk about it. Are there big differences in what everyone likes? Are there differences in why each person thinks physical activity is important?
  - If your family is just starting to become more physically active, you might want to start with the **Healthy Choices** module.
  - Anyone in the family who wants to maintain their physically active lifestyle might find the **Personal Best** module helpful to start.

### How does your family schedule time to be physically active? Is it part of your family's routine?

- Is it on a calendar?
- Is the routine posted for the family to see?
  - If physical activity is not part of your family's schedule or routine, you might want to start with the **Schedules and Routines** module.

### Brainstorm as a family and list all the people (family, friends, community groups) who encourage you to be physically active together.

- In what ways do they offer support?
  - If you notice you don't have a lot of outside support, you can focus on building support within your family unit. You might want to start with the **Family Team Building** module.

### Brainstorm as a family and list all opportunities to be physically active at school or at work.

- Do you have chances to be physically active at work? How?
- Does your child have chances to be physically active at school? Do they have physical education class, recess, and classroom activity breaks every day?
  - If your list doesn't include many ways to be physically active at work or at school, then this InPACT at Home Family toolkit will be a great resource for your family! You can either:
    - ✱ Follow the modules as laid out in the *Maslow's Hierarchy of Needs* house illustration,
    - ✱ Or, start with the module that meets the needs of your family most, or is of most interest to you.

### Consider your community environment.

- Do you have sidewalks, crosswalks, bike lanes, streetlights, or other things that encourage physical activity?
- Is it safe for you and your child to be active where you live?
- Are there opportunities for outdoor activity? Are there parks or recreation centers to use?

If there aren't many places to be physically active in your community, try some [InPACT at Home videos](#), along with the Family Toolkit.

Having these discussions *before* you begin using the InPACT at Home Family Toolkit will help your family. Your answers will guide you to parts of the toolkit that make the most sense for you and your family. The program has been designed to be equitable in this way.



# InPACT at Home Program Components

The InPACT at Home Family Toolkit is just one component of the InPACT at Home program. InPACT at Home is a home-based physical activity program designed to motivate students and their families to get moving for 60 minutes a day. Below are the other program components of InPACT at Home which are included in this Family Toolkit.



## Website ([inpactathome.umich.edu](http://inpactathome.umich.edu))

Consider creating a free account on our website to access all of our program resources, including those listed below. InPACT at Home emphasizes the importance of physical activity along with health-related concepts such as social emotional learning, family cohesion, physical health, and more!



## Videos

Once you log in, you can locate videos in the "Topics" section of the website. The InPACT at Home program offers 172 videos covering topics such as cardio, strength, mindfulness, sports skills, and nutrition. Instructors from across Michigan will coach your children about proper form on a wide-range of movement activities, all while encouraging the whole family to participate.



## Activity Cards

Activity Cards are in the "Resources" section of the InPACT at Home website and can be used to make physical activity more enjoyable and fun. There are 250 Activity Cards to browse covering topics such as lifelong skills, flexibility, cardio, strength, with a buddy, and mindfulness. Many include physical activities, and some contain pictures that model the activity for better understanding.

## Public Television Broadcasting

The InPACT at Home program has partnered with the Michigan Learning Channel to broadcast our exercise videos to children across the state of Michigan. The Michigan Learning Channel provides educators and families with free PBS videos and printable resources designed to ensure all kids succeed. Learn more at [www.michiganlearning.org/show/inpact-at-home/](http://www.michiganlearning.org/show/inpact-at-home/)





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