

COVID-19 Health System Updates

May 27, 2020 Wednesday

From the very beginning of the COVID-19 pandemic in New York City, Mount Sinai has been at the forefront of patient care and scientific discovery. Now we are leading yet another initiative: a nationwide event called #FitfortheFrontline.

#FitfortheFrontLine was conceived by Richard A. Friedman, Co-Chairman of our Boards of Trustees, to benefit health care workers across the country who have been responding to the COVID-19 crisis. Its [participants](#) include many of our peer hospitals in New York and around the country; founding corporate sponsors include Goldman Sachs, Peloton, Discovery, NBCUniversal Owned Television Stations, dtx, and Pinterest.

As you may have seen earlier today, #FitfortheFrontLine is a national fitness challenge everyone can participate in, from now until it culminates on Sunday, June 14 (Flag Day). To participate, all you have to do is choose any activity—walking, running, yoga, meditation, or anything else that inspires you—and share it with your friends, family, and networks. There is no expectation or obligation to raise money if you participate, but if you want to support Mount Sinai, the donation link is <http://giving.mountsinai.org/msfftl>; post that link on your social media feeds and ask your network to pledge support.

All donations to Mount Sinai will support the Mount Sinai Center for Stress, Resilience, and Personal Growth in providing mental health screenings, referrals, and resources to our staff and conducting important research into the psychosocial impact of this crisis.

For more information, please read our [press release](#) about the event.

We hope that many of you will participate and that you will have a fun and invigorating time doing so, whatever activities you choose. Thank you for all that you have done, and are continuing to do, for Mount Sinai.

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