



COVID-19 Headlines

May 27, 2020

■ MOUNT SINAI LAUNCHES #FITFORTHEFRONTLINE

Mount Sinai is leading a nationwide event called #FitfortheFrontline to benefit health care workers across the country who have been responding to the COVID-19 crisis. #FitfortheFrontLine is a national fitness challenge everyone can participate in, from now until it culminates on Sunday, June 14 (Flag Day). The event encourages everyone young and old to move, exercise, and get fit. More than 20 major national hospitals and health systems, including many of our regional peers, are participating.

The idea is simple: choose any activity—walking, running, yoga, meditation, or anything else that inspires you. There is no expectation or obligation to raise money if you participate, but if you want to, choose a #FitfortheFrontline institution to support with your activity; post the donation link on your social media feeds; and ask your network to pledge support. If you want to support Mount Sinai, the link that your family, friends, and network can use to donate is <http://giving.mountsinai.org/msfftl>. 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. More information can be found [here](#).