



## FINAL REPORT 2020

The 2020 School Year has proved to be unlike any other in the history of America. On March 16, 2020 schools closed and our children were forced to shelter in place at home, due to the COVID-19 emergency.

Our schools and teachers were not prepared for this. In fact, there was much panic in our educational system. Teachers were unable to communicate with their students and even more alarming, was that the students were becoming extremely sedentary and eating mostly packaged foods, made up of *Fat, Sugar and Sodium*. The exact ingredients that make you obese, diabetic and/or cause hypertension, (high blood pressure) which are considered “High Risk” groups for poor outcomes should you get COVID-19.

Fortunately, we were ready, and the teachers were able to communicate with their students using our virtual program, Operation Tone-Up, “Tone-Up Talk” feature. Tone-Up Talk (like texting) made it possible for teacher-to-student and student-to-student communication within a Virtual Blended Learning setting (computer & internet). And since Operation Tone-Up does all the teaching, the students were able to continue learning about the Top Six Nutrients to make healthier food choices and exercise daily to improve their cardiovascular health (heart & lungs) and strength endurance without their teacher present.

Additionally, from the program’s Command Center, teachers could instantly see their student’s “Weekly Progress Reports” which detailed the amount of exercise the students were getting daily/weekly, in addition to Food Choices, Nutrient Consumption, Physical Activity and Knowledge Gains.

The program’s **goals were:** 1) Improve heart health, 2) Increase the amount of time children receive structured exercise and physically active each day, 3) Increase Nutrition knowledge and 4) Decrease the amount of fat, sugar and sodium children consume each day.

From the Weekly Student Reports received, we noticed that the students were exercising more and made healthier food choices (chose foods that were low fat, low sodium and had little to no processed sugar). This was validated by teacher testimonials, which can be viewed on our home page titled: “TESTIMONIALS” (<https://operationtoneup.com/testimonials>).

Unfortunately, due to our schools not being prepared for a Virtual Blended Learning Style of Teaching, the State’s Department of Education announced that the students would be allowed to advance to the next grade level regardless of the quality of their homework turned in. As a result, post-testing was suspended, and we do not have data to show the true health gains made.

## LESSONS LEARNED

COVID-19 has forever changed the way school will be taught. Beginning in the fall of 2020, students will be required to wear masks or shields, gloves, made to social distance and will have their temperature taken throughout the day while in school.

Virtual Blended Learning is the new norm of teaching. Teachers will need to create a virtual classroom, where students will be in the classroom and/or at home using a computer connected to the internet. Reading, writing and math will be the main subjects taught. Science, history, social studies, physical education, health, and the arts, will be on the back burner.

As a leader in the prevention of childhood obesity/diabetes our focus is on Healthfirst! As such, in light of COVID-19, we have developed new features to our Virtual Blended Learning Platform to enhance the learning experience to help **IMPROVE WHOLE CHILD HEALTH**.

**FIRST**, we developed **OTU VISION**, which allows the teachers and students to see, talk and workout with each other. The teacher and/or students can invite friends to join them in the gym to workout. They can choose from a variety of workouts created by the program and/or create their own workout with our **Drag and Drop Workouts** technology, which can create 1 billion different workouts.

**SECOND**, we created the **Team Challenge**, which allows the teacher to divide their classroom into teams, with a team captain, where the students need to use **TEAMWORK** and help each other complete weekly Nutrition and Exercise Assignments.

**THIRD**, we developed the **Health Measurement Test** to see real-time improvement and measurable health gains to help identify potential hot spots for COVID-19. The Health Measurement Test uses the very same “Gold Standard” of testing, set in place by physicians (Blood Pressure and Resting Heart Rate) as a fundamental health measurement to help **PREVENT** childhood obesity and its secondary diseases (diabetes, hypertension, heart disease).

Blood Pressure is an established marker of cardiovascular health. It correlates strongly with cardiac events, risk of stroke, etc. As a key co-morbidity, controlling this single metric alone can help save lives and prevent poor outcomes in the event of a future pandemic.

Additionally, this test measures Strength Endurance (push-ups and sit-ups) and Nutrition Knowledge to help obtain a complete and robust picture of our children’s health.

To achieve true health, and arm themselves for the future, our children need to stay properly equipped, both nutritionally and physically.

1) **Time Efficient** – The Health Measurement Test will automatically Pre/Post-Test student’s Nutrition Knowledge and Strength Endurance (push-ups / sit-ups) as well as autofill the teacher’s Pre/Post-Test Tracking Form, making testing extremely quick, with the highest efficiency. Per measuring Blood Pressure and Resting Heart Rate, the school nurse and/or local Fire Department can easily perform this test.

2) **Cost Effective** – Being able to **PREVENT** obesity and its secondary diseases will save hundreds of Millions in Healthcare cost savings annually.

With Operation Tone-Up, we are creating a brand-new paradigm of Prevention. A paradigm that will be built into our education curriculum and community as a strategy of **Healthfirst!**