



Pump Up and Clean Up Yearly Handbook

Thank you for taking part in Pump Up and Clean Up with Peyton's Promise! This handbook will provide detailed information about why the event started and why it is needed in our schools and community

How Pump Up and Clean Up started?

This drive started with the goal of providing movement for students during the colder months and making sure children have access to hygiene items, through school and community pantries.



This can be run during PE class or as an assembly, dividing the Elementary School in half or thirds, to have manageable groups. Students are asked to bring in 2 Hygiene items that will be used for the workout. The items are then used to stock the school hygiene cabinet or donated to another school or community pantry.

If you would like to have a Fitness Instructor come in to run an assembly, please sign up for one of the time slots below.

[Pump Up and Clean Up Sign Up](#)



What are the exercises?

Tips would be to make sure to explain to students to be respectful with the products and to do their best not to drop them. I would also recommend having a microphone if available and having advocates demonstrate with you.

Group Activities

1. Partner Sit Up- kids do sit-ups and pass the hygiene product and then when “teacher” yells stop whoever has it wins
2. Head- Shoulder- Knees- Toes- Grab Hygiene product that is between 2 kids
3. Relays- put all the products on a line, have teams and have the kids run, shuffle, skip, etc to get the products. The team that get all the products to start line first Wins
4. Line up kids pass the hygiene products up, under, to side down the line as fast as they can

Individual Exercise Options (You can do all these exercise with hygiene products)

1. Chest Press
2. Bicep Curls
3. Alternating Lunge pass bottle under leg as you lunge
4. Shoulder Presses
5. Squats set hygiene product on floor squat pick up
6. Tricep Kickbacks
7. Russian Twist
8. Skaters- passing bottle hand to hand



When is Pump Up and Clean Up?

We like to schedule days in January or February to coincide with colder days or indoor recess!

In 2023, Pump up and Clean up was taken on as a legacy project by the Riley Family. Emma Schuller and Drew Riley created this video to help promote and give information to the schools and advisors about the drive. **Video Linked [here](#):**

If you have any questions, please reach out,
Teena Medick
715-218-4401
Executive Director
Peyton's Promise

Dear PE Teachers,

I am writing on behalf of Peyton's Promise to invite you to an opportunity to bring Pump Up and Clean Up to your school.

Peyton's Promise is an organization started in 2007 and serves as a “middleman” between food drives and organizations fighting hunger. The main goals are to raise awareness about hunger , keep food pantry shelves stocked and fight childhood obesity. We are currently looking for PE teachers to collaborate in our “Pump Up and Clean Up” program which will take place in February. The objective is to get kids grades K-5th moving with the donation of hygiene products brought by them. Our main goal is to get our youth active while having fun and helping the community.

We would love for you to share your time in your PE classes to bring this to your students. If you would be interested in bringing this to your school please contact us and we will send out a manual with a list of activities that you can do with the hygiene products during one of your classes in February. We have student Advocates in most of our Elementary schools and I am sure they would be thrilled to assist you. If you would like to do this as an assembly and have one of our Community Fitness Instructors come in, please sign up using our Sign Up Genius above.

Thank you,

Sarah RileyPeyton's Promise Fitness Advisor



Dear Community Partners,

I am writing on behalf of Peyton's Promise to invite you to an opportunity for community engagement and visibility.

Peyton's Promise is an organization started in 2007 and serves as a “middleman” between food drives and organizations fighting hunger. The main goals are to raise awareness about hunger , keep food pantry shelves stocked and fight childhood obesity. We are currently looking for local fitness partners to collaborate in our “Pump Up and Clean Up” program which will take place in January and February 2025. The objective is to get kids grades K-5th moving with fitness professionals in 25 minute time slots with a donation of hygiene products brought by the participants. Our main goal is to get our youth active while having fun and helping the community.

We would love for you to share your fitness expertise by volunteering and partnering in this worthwhile program. If you would be interested in committing to signing up for 1-2 schools exercise sessions an hour each during January and February. Please contact us if you are interested and we will send out a link to a sign up genius once it is closer to the event and we have secured schools and timeslots.

Thank you,

Sarah Riley

Peyton's Promise Fitness Advisor