



# ST. MICHAEL'S COLLEGE SCHOOL

Under the direction of the Basilian Fathers

September 8, 2020

Student Fitness Programme

Hello St. Michael's College School Families,

Although we are returning to school in a different format for the time being, it is great to be back!

As you may have seen in the 'Return to School Blueprint', St. Michael's College School has partnered with 'Fitness in a Bag' to assist in delivering daily physical activity to our students. Every student will have a personal account for the associated mobile fitness application, and in the coming weeks will receive an individual workout kit. The app provides daily programming, demonstration videos, sets/reps, timing, etc., and tracks your individual progress.

The purpose of this message is to inform you regarding the initial set-up for the mobile app account for each student.

The software registration at this point cannot be done via the Edsby messaging portal, and as such, we will be using the parent emails on file to generate the accounts. As only one email is needed to generate an account, one parent email per family has been randomly assigned.

Parents should expect to see an email invitation over the course of this week (see attached 'Welcome Email' image).

Please set up the account with your son, as there will be a prompt to generate a password.

Once the account set-up is complete, students should download the Trainerize app (see attached image) to their preferred device(s).

The username will continue to be the parent email, with the recently chosen password.

Please take a moment to familiarize yourself with the app.

More information will follow, but to start our programming, all students have been assigned to a basic fitness programme based on their school cohort with a start date of September 14.

For any questions and concerns regarding this process, or any other Athletics programming, please feel free to contact me directly.

Have a great start to the school year!

Mr. Alex Frescura  
Director of Athletics

Here's how to set up your account...

## Welcome to FitnessinaBag.ca

Hi Alex,

Before you can sign in to view your training app, you must set up your password. Click below to get started.

[Set up your account](#)

