



It's Game Time!

Are You Ready for Some Wellness?

We come to school to learn important lessons every day. One of the most important lessons we can all learn is how to choose nutritious foods and get at least 60 minutes of daily physical activity for our long-term success. That's what Fuel Up to Play 60 is all about!

Fuel Up to Play 60 is a free, student-powered, in-school nutrition and physical activity program brought to our school by the National Dairy Council®, local Dairy Councils and the National Football League. The U.S. Department of Agriculture has also joined this effort. You may have already noticed the Fuel Up to Play 60 banner and posters on our walls and bulletin boards, designed to get everyone in our school community excited about wellness!

The program includes a menu of Fuel Up to Play 60 Kickoff ideas and fun Healthy Eating and Physical Activity "Plays"-- strategies that encourage students to "get up and play" for 60 minutes a day and to "fuel up" with the nutrient-rich foods kids don't get enough of, such as low-fat and fat-free dairy foods, fruits, vegetables and whole grains. With Fuel Up to Play 60, our school receives:

- Access to an online **Playbook** with tips, tools and resources including Physical Activity and Healthy Eating Plays like Grab-n-Go Breakfast, Menu Makeovers, a School-wide Walking Club and In-class Activity Breaks.
- **Monthly eNewsletters** with program pointers and updates for all school personnel and parents who enroll.

Fuel Up to Play 60 empowers students to make their own healthy choices while providing support to all of the wellness champions on our home team!

Go to [FuelUpToPlay 60.com](http://FuelUpToPlay60.com) to sign up and be a part of the program. Let's help everyone Fuel Up to Play 60 with nutrient-rich foods and daily activity – and learn lessons we'll use every season of our lives.