



# Fuel Up to Play 60 Means **Student Health** **and Student Success!**

## HAVE YOU HEARD?

Fuel Up to Play 60 is a great way for your children to eat healthy, get active and make a difference in their school. And it's free!



## TWO IMPORTANT GOALS.

You want your children to be healthy and fit — and also to succeed in school. Fuel Up to Play 60 helps your children do both.



**Across the country.** Fuel Up to Play 60 is brought to you by the National Dairy Council and the National Football League, in collaboration with the U.S. Department of Agriculture. The program is in 73,000 schools nationwide, including yours!

## GETTING EVERYONE INVOLVED.

Through the program, students are encouraged to choose more nutritious foods and to get at least 60 minutes of physical activity every day — and to get their friends, family, community and entire school to join them!

## ADULTS & AMBASSADORS.

Working with supportive adults — *including parents like you* — students who serve as *Fuel Up to Play 60 Ambassadors* make changes at school that make healthy food choices easier and physical activity more accessible.

## IT'S WIN-WIN!

Student involvement can boost the success of Fuel Up to Play 60 *and* may lead to more motivated students who are more engaged in learning. The result: *empowered* youth who eat school breakfast and move more can perform better academically and inspire their friends to do the same.

**Parents matter!** Learn how you can support your children's health at school *and* at home.



**Learn more.** For more information on Fuel Up to Play 60 and the important role your children can play in their school, visit [FuelUpToPlay60.com](http://FuelUpToPlay60.com).

**With Fuel Up to Play 60,  
here's what can happen for  
your children and your school.**

**Your children and your school can be healthy and high-achieving.** When you support Fuel Up to Play 60 in your school, you'll be helping the school achieve its goals — for academics, for local school wellness and as part of a growing number of schools across the nation dedicated to the success and wellbeing of youth.

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**Your children can become leaders.** With Fuel Up to Play 60, students can take the ball and run with it to implement the program in your school. Encourage your children to get involved and become Fuel Up to Play 60 Ambassadors.

**Your school can get funding for its wellness efforts.** Fuel Up to Play 60 provides funding opportunities that can support healthy eating and physical activity promotions and equipment for your school.



### Better Students

**“We can’t make kids smarter, but with improved nutrition and physical activity we can help put a better prepared student in the chair.”**

Dr. Robert Murray, Department of Pediatrics,  
The Ohio State University



### Eating Healthy and Moving More Lead to Good Health

Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years. Overweight and obesity are associated with health problems such as Type 2 diabetes and high blood pressure. These conditions can also affect emotional wellbeing and self-esteem. Good nutrition and 60 minutes of physical activity each day are keys to good health in childhood, adolescence and adulthood.

**Healthy students are ready to learn.** Financial and social inequities make it tough for schools to influence children’s readiness to learn. School environments that emphasize healthy eating and physical activity may help level the playing field.

**Parents across the country** have become supporters of Fuel Up to Play 60. Why not join them? Learn more at [FuelUpToPlay60.com](http://FuelUpToPlay60.com).