

Sign Up Today at
www.fueluptoplay60.com/join

Get in the game with a healthy breakfast
and 60 minutes of exercise every day!



**Students who eat school
breakfast every day:**

- ✓ Perform better on standardized tests in spelling, reading, and math
- ✓ Show improved cognitive function, attention, and memory
- ✓ Have improved attendance, behavior, and academic performance as well as less tardiness
- ✓ Are healthier and have a lower probability of obesity

**And students who engage
in at least 60 minutes of
physical activity each day:**

- ✓ Show improved overall health
- ✓ Are more focused in the classroom
- ✓ Have better memory and cognition skills

