

FUEL UP TO Play60

Be a Playmaker

Nutrition Play

Reproducible Master
Grades 8-12 Activity

Eating a healthful breakfast and getting at least 60 minutes of physical activity each day is key to designing your own winning playbook. For example, did you know —

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



Fuel Up to Play 60 is an in-school student-led nutrition and physical activity program launched by the National Dairy Council and the NFL, in collaboration with the U.S. Department of Agriculture, to encourage students to lead healthier lives. You can help bring the program and its benefits to your school!

Part 1: First, check out this year's **Fuel Up to Play 60** Playbook at www.FuelUpToPlay60.com and click "Playbook" at the top of the page. Then scroll down to the "Healthy Eating" Play *Breakfast for Everyone — First Meal Matters*, and read about the three plans for enjoying breakfast. Next, explore the physical activity "Plays" listed in the Playbook (the ones with blue headings).

Choose one breakfast Play and one physical activity Play. Write them in the spaces below. Then use the other spaces to brainstorm ideas for why these Plays should be part of the **Fuel Up to Play 60** program at your school.

Design Your Own Winning Playbook

Breakfast Play	Physical Activity Play



Part 2: On the back of this sheet, write a persuasive paragraph, a blog, a school announcement, an online campaign, or an assembly rap designed to promote your choices and the adoption of the **Fuel Up to Play 60** program at your school.

Part 3: Get involved! Visit www.FuelUpToPlay60.com/get-involved/students to find out how you can help the students at your school be at the top of their game! As a first step, design a poster to promote the **Fuel Up to Play 60** program. Make sure it includes why eating breakfast and exercising each day is so important for your body and mind.

Get in the Game! Connect with us at WinnersDrinkMilk.com.

