

PROMOTE WELLNESS



DEAR EDUCATOR,

Thank you for your interest in *Fuel Up to Play 60*. We hope you and your students enjoy the enclosed poster and Student Zone invitation cards.

Fuel Up to Play 60 is a nutrition and fitness program developed by the National Dairy Council and the NFL in cooperation with the U.S. Department of Agriculture to help build healthier schools with activities that promote wellness through healthy eating, everyday physical activity, and social-emotional skill-building.

It is easy to launch *Fuel Up to Play 60* at your school. Just follow this game plan!

THE FUEL UP TO PLAY 60 GAME PLAN:

- 1. FUEL GREATNESS** — Display the new *Fuel Up to Play 60* poster prominently in your school to build student enthusiasm. The poster highlights the free Student Zone that students can use to stay “in the know” and “on the go” with all things *Fuel Up to Play 60*! Available in the Apple Store and on Google Play and is also available via desktop. Be sure to distribute the Student Zone invitation cards and encourage students to use it as part of their game plan.
- 2. WORK AS A TEAM** — Recruit teachers to sign up as advisors and work with a team of students to create a wellness plan for your school based on the *Fuel Up to Play 60* Learning Plan: www.fueluptoplay60.com/resources/learning-plan.
- 3. EAT HEALTHY** — Support your school nutrition director’s efforts to serve flavorful, healthy meals to students. Nutrition is essential to learning readiness and long-term success. Encourage your nutrition director to add ideas from the *Fuel Up to Play 60* Playbook (www.fueluptoplay60.com/resources/playbooks) to your school’s menus.
- 4. GET MOVING** — Work with your team of faculty advisors to check out the *Fuel Up to Play 60* Playbook at www.fueluptoplay60.com/resources/playbooks for ideas to get students (and adults) up and moving each day for at least 60 minutes.
- 5. USE THE FREE DOWNLOADABLE TEACHING TOOLS** — Use the free *Fuel Up to Play 60* learning activities at www.ymiclassroom.com/futp60 to motivate students to eat balanced meals and be active for at least 60 minutes every day.

Empower your students, faculty, and families to get in the game — the wellness game — with *Fuel Up to Play 60*! Now, more than ever, it’s important to focus on a whole-child approach to well-being.

Sincerely,

Kristina Moher

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PLAY:60

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FUEL UP

