



Helps You Achieve School Wellness Efforts

Fuel Up to Play 60 helps schools meet their wellness goals and complements national initiatives

- CDC's Coordinated School Health Requirements
- School wellness policy goals
- White House's Let's Move! campaign
- USDA's Healthier US School Challenge
- HB 5 requirements

Fuel Up to Play 60 makes healthy eating and physical activity fun for students!

- NFL role models
- Competitions
- Chance to win prizes for adults, students and schools
- Free posters
- Student pledge banners

The Fuel Up to Play 60 program

- Leading in-school wellness program
- 73,000 schools enrolled
- 11 million students involved

For more information, contact your Dairy MAX representative at: **DairyMaxRepFinder.org**

Go to: **<http://FuelUpToPlay60.com>**





The wellness efforts you're doing in your school may fall under the Fuel Up to Play 60 program.

Wellness Goal

How Fuel Up to Play 60 Supports Wellness Goals

Other Programs and Efforts that Fall Under Fuel Up to Play 60

Healthy School Environment

- Fuel Up to Play 60 Program and Free Resources
- Student Teams
- Adult Supporters
- Healthy Eating and Physical Activity Plays

- CATCH
- Student Wellness Clubs
- United Way Healthy Zone Schools
- Alliance for a Healthier Generation

Physical Education

Physical Activity Plays from the online Playbook

- Brain Breaks
- Jump Rope for Heart
- Marathon Kids
- Walking and Running Clubs
- Agrilife's "Walk Across Texas"

Nutrition Education

Healthy Eating Plays from the online Playbook

- Breakfast in the Classroom
- Grab 'n' Go
- Breakfast After the Bell
- Think Your Drink
- Agrilife Nutrition Ed

Community and Parent Involvement

- Online resources for community involvement
- Family and Community Kick-Offs
- FuelUpCups.com

- PTA/PTO healthy fundraisers
- Family Fun Nights
- CATCH Nights

Staff Health

- Students motivate staff
- Fuel Up with healthy foods and get 60 minutes of activity a day

65% of educators say Fuel Up to Play 60 helps them achieve their school wellness goals.

68% of FUTP60 Program Advisors agree that Fuel Up to Play 60 helps increase amount of time students are physically active.

76% of program advisors agree that Fuel Up to Play 60 is helping students make healthier food choices.



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