



Who Can Help and How: Students

Why Fuel Up to Play 60?

Fuel Up to Play 60, the healthy eating and physical activity program launched by the National Dairy Council®, local Dairy Councils and the National Football League, in collaboration with the United States Department of Agriculture (USDA), is helping to make healthy eating and physical activity a bigger part of the day at more than 70,000 schools across the country. Fuel Up to Play 60 presents an opportunity for you to help make healthy changes that last at your school. You can help all your classmates to have more opportunities to choose tasty, healthy foods at school and to move more every day.

Why You?

As a student, you can make a big difference for yourself and your classmates. By becoming a leader in Fuel Up to Play 60, you can help make positive changes in your school by helping kids choose healthier eating options and get more physical activity. Fuel Up to Play 60 is a program for kids, and kids all over the country are getting involved.

When you get involved, here's what can happen for you and your school:

- **Perform Your Best at School:** Eating right and getting enough physical activity can help you look and feel your best. It can also help you perform better on your schoolwork. Get your classmates to sign the Fuel Up to Play 60 **Pledge** and get things going in your school!
- **Be a Leader:** Fuel Up to Play 60 helps students become leaders, and encourages **you** to take the ball and run with it to implement Fuel Up to Play 60 in your school. Learn what it takes to become a Fuel Up to Play 60 Student Ambassador and apply to become a Local, State or National Ambassador.
- **Earn Rewards and Prizes:** Fuel Up to Play 60 has lots of opportunities for you to earn rewards and prizes. When you join, you will get your own online Dashboard that helps you keep track of your rewards and your progress toward being the healthiest you.
- **Participate in Fun Challenges:** Fuel Up to Play 60 has Challenges that take place throughout the year. Get together with a group of your friends or Fuel Up to Play 60 team members and enter!
- **Earn Funds for Your School:** Fuel Up to Play 60 also provides [funding opportunities](#) that can help support healthy eating and physical activities and get equipment for your school cafeteria or playground.



How Can You Get Involved?

As a student, here are some things you can do right now – today – to help get Fuel Up to Play 60 working in your school. You can:

1. **Join the program**, take the Fuel Up to Play 60 **Pledge** and encourage your classmates to do the same.
2. **Log in to your Dashboard and see what prizes are already available for you.** Find out which adult or adults in your school are working as the Program Advisor and let them know you are ready to help. If your school doesn't have a Program Advisor, **ask one of the adults you know to consider volunteering.** The adult will be recognized for their efforts – and you'll make a difference.
3. Participate with your Program Advisor or another adult in a **School Wellness Investigation** to find out what your school needs most on its way to becoming an even healthier place.
4. **Encourage your classmates to join the effort.**
5. **Check out the Fuel Up to Play 60 Playbook** to find an activity that you can do with your Program Advisor and a group of students.
6. **See what the latest Fuel Up to Play 60 Challenge is.** Get your schoolmates up and moving and choosing more healthy foods.

Learn more about **Fuel Up to Play 60** at FuelUpToPlay60.com.