



## **What is Fuel Up to Play 60?**

Fuel Up to Play 60 is an in-school nutrition and physical education program that encourages students to consume nutrient-rich foods and achieve at least 60 minutes of physical activity every day. It's a simple idea that responds to real world needs in today's schools. South Dakota has over 300 schools participating in the program. This program is sponsored by the National Dairy Council and the NFL.

## **How Does Fuel Up to Play 60 work?**

Fuel Up to Play 60 empowers students to implement sustainable, positive changes for their own health and inspire long-term healthy changes in their schools. Students have the opportunity to participate in fun challenges, track their healthy eating and physical activity and earn fun rewards!

## **Why is Fuel Up to Play 60 Important?**

Childhood Obesity rates have reached epidemic levels. Helping ensure children have access to healthy foods, and an opportunity to get physical activity at school is critical step in fighting this epidemic. Fuel up to play 60 needs your help providing students and schools, nationwide with resources to build a healthier generation.

## **What can you do to help?**

You can help by encouraging your school to sign up for the program. And then support students in the projects they determine to do. Projects are called plays like in a football game. For more information go to their website at [www.fueluptoplay60.com](http://www.fueluptoplay60.com)

**Fuel Up to Play 60 - Provides funding to schools for projects that promote Nutrition and physical activity. The web address for details and deadlines to apply is [http://school.fueluptoplay60.com/funds/funds\\_for\\_futp60.php](http://school.fueluptoplay60.com/funds/funds_for_futp60.php) Funds can be used for seamless summer programs or summer food program nutrition education and physical education activities.**