



Who Can Help and How: P.E./Health Educators

Why Fuel Up to Play 60?

Fuel Up to Play 60, the in-school nutrition 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 wellness part of the game plan in more than 70,000 schools across the country. Why? Evidence shows well-nourished kids may tend to be better students, have stronger academic achievement and better test scores¹, while numerous studies show physical activity has been found to support learning.²

Why You?

As a P.E./Health Teacher, you have the expertise and experience to help students make healthy choices both in and outside of school. You can provide content expertise and guidance to teams of interested students, integrate nutrition education and physical activity information in your classes and participate in activities to demonstrate your commitment to the long-term health of students and schools.

- **Secure Funding for Your School:** Fuel Up to Play 60 provides funding opportunities that can help support physical activity and nutrition education – and equipment for your P.E. program.
- **Receive Training and Support for the Program:** Fuel Up to Play 60 offers a range of ways to learn about the program – an online Training Camp, live learning opportunities in some areas and even continuing education through some states and professional organizations.
- **Help Students Take Ownership of Their Wellness:** Fuel Up to Play 60 provides all kinds of rewards and incentives – for kids and adults – to build awareness and drive choices. You can help students get excited so they'll want to be the champions of your wellness initiatives.
- **Use the Playbook to Your Advantage:** The online Playbook has over 65 ideas of things you can do to help students get more opportunities for physical activity and healthy eating. The Plays include in-class ideas as well as ideas you can do as part of your P.E. program, along with tools and resources to help.
- **Be Part of the Team:** NFL support of this program helps get kids excited about being active. Through NFL-inspired rewards, students (and Program Advisors) have the opportunity to be

¹ *The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools.* Action for Healthy Kids, 2008. Available at: <http://www.actionforhealthykids.org/resources/files/learning-connection.pdf>, Accessed June 8, 2011.

² *The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance,* 2010. Centers for Disease Control and Prevention. United States Department of Health and Human Services. Available at: http://www.cdc.gov/healthyyouth/health_and_academics/pdf/pa-pe_paper.pdf. Accessed June 8, 2011.