



## Who Can Help and How: Classroom Teachers

### 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 that healthy eating and physical activity can contribute to higher levels of student achievement:

- Better nutrition, including breakfast, helps students get the nutrients they need and may help improve academic performance, test scores and school attendance.<sup>1</sup>
- Being physically active may help students improve self-esteem, cognitive function and test scores. Experts recommend at least 60 minutes a day for youth.<sup>2</sup>

### Why You?

As a teacher, you have a more direct connection with students than almost anyone else in the building. You can elevate the importance of healthy eating and physical activity, serve as a role model and integrate healthy school strategies into your daily teaching – all of which can help kids succeed both in your class and throughout their lives. By engaging in Fuel Up to Play 60, you will send a clear message to your students that focusing on healthy eating and physical activity is an important part of success – in the classroom and in life. Fuel Up to Play 60 Plays help students not only make positive changes in the school environment but also develop leadership skills that can last a lifetime. With Fuel Up to Play 60, here's what can happen for you and your school:

- **Develop Healthy, High-Achieving Students:** Well-nourished, physically active students are more readily able to focus on the important lessons you need to teach them. Encourage students to join Fuel Up to Play 60 and sign the **Pledge**. You can help students get excited so they'll want to be the champions of your wellness initiatives.
- **Serve as a Role Model – and Benefit Your Own Health in the Process:** When you help implement Fuel Up to Play 60 programs in your classroom routines, not only will you be helping your students develop long-term healthy habits, but you'll also be demonstrating your own commitment to a healthy lifestyle.

<sup>1</sup> *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.

<sup>2</sup> *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](http://www.cdc.gov/healthyyouth/health_and_academics/pdf/pa-pe_paper.pdf) . Accessed June 8, 2011.



- **Secure Funding and Other Opportunities for Your School:** Fuel Up to Play 60 provides [funding opportunities](#) that can help support healthy eating and physical activity promotions and equipment for your school cafeteria or P.E. program. [Learn more](#). And there are exciting NFL-inspired rewards available monthly. Capitalize on that excitement to get students involved!
- **Develop Student Leaders:** Fuel Up to Play 60 helps create a sense of community, as [students take on leadership roles](#) and school adults become [allies](#) for your school wellness goals. Encourage students to become Fuel Up to Play 60 Student Ambassadors and to apply for roles as Local, State or National Ambassadors.

### How Can You Get Involved?

As a teacher, you and your colleagues can be role models for the entire student body. You can set an enthusiastic tone and help implement Plays that highlight the importance of healthy eating and physical activity – and the ways they can help students be even more successful in school. Here are some things you can do right now – today – to help integrate Fuel Up to Play 60 in your school:

1. **Make sure you're enrolled** and link yourself to your school.
2. **Log in to your Dashboard and become a Program Advisor.** If your school already has a Program Advisor, you can join them! You'll be recognized for your efforts – with access to your own set of exclusive Perks on your Dashboard – and even more importantly, you'll make a difference.
3. **Help lead a School Wellness Investigation** to identify your school's most significant needs.
4. **Integrate physical activity and nutrition education** into your daily classroom routines. Consider strategies from [In-Class Activity Breaks](#), or host [Breakfast in the Classroom](#).
5. Support friendly competitions with colleagues and students—or become a Program Advisor and organize one! Program Advisors can create competitions in the **Competition Stadium** on the Dashboard and [earn rewards](#) while building enthusiasm!
6. **Bridge the gap between home and school.** Help inform parents and caregivers about the program and recruit their involvement both at school and at home!

Learn more about **Fuel Up to Play 60** at [FuelUpToPlay60.com](http://FuelUpToPlay60.com).