



Who Can Help and How: School Nurses/Health Professionals

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. Fuel Up to Play 60 presents an opportunity for you to ensure changes made at school are sustainable, making it possible for children to choose tasty, nutrient-rich foods throughout the school environment and to have more opportunities to be physically active.

Why You?

As a school nurse or health care professional, you may have responsibility for your school's or district's wellness plans. You have a key role to play, and Fuel Up to Play 60 can help. You can reinforce positive messages about healthy eating and physical activity, provide content expertise and help guide and support a group of interested, committed individuals in implementing strategies for school wellness. Not only that: you can also raise awareness of this needed program throughout your district and community. You can provide important information and help bridge the healthy connection between home and school. When you do, here's what can happen for you and your school(s):

- **Elevate the Visibility of the Important Services You Already Provide:** Through your participation in Fuel Up to Play 60, and while you continue to provide support for student wellness through health clinics and screenings, you'll have an opportunity to reach a broader audience through pep rallies, family fun and fitness events and tie-ins with classroom activities and instruction.
- **Be a Change Agent:** Fuel Up to Play 60 has resources that can help you gain allies in achieving your goals. Together, you can take a closer look at your school wellness environment and implement strategies to improve it. The School Wellness Investigation can help you diagnose specific needs, and the Fuel Up to Play 60 Playbook has a wealth of activities and the tools and resources to help meet those needs and more.
- **Secure Funding for Your School:** Fuel Up to Play 60 provides funding opportunities that can help support healthy eating promotions and secure physical activity equipment for your school.
- **Participate at a National Level:** When you help implement Fuel Up to Play 60 programs in your school, you'll be helping your school achieve its goals – for local school wellness and to be part of a growing collection of schools across the nation dedicated to the success and well-being of youth. Fuel Up to Play 60 supports the ambitious yet attainable goals of First Lady Michelle Obama's Let's Move! initiative to end childhood obesity within a generation by getting more youth and families to commit to becoming active and eating better. Learn more about how Fuel Up to