

Reach WATCH Award with Fuel Up to Play 60



Meet 6 out of 8 WATCH Awards Criteria with Fuel Up to Play 60

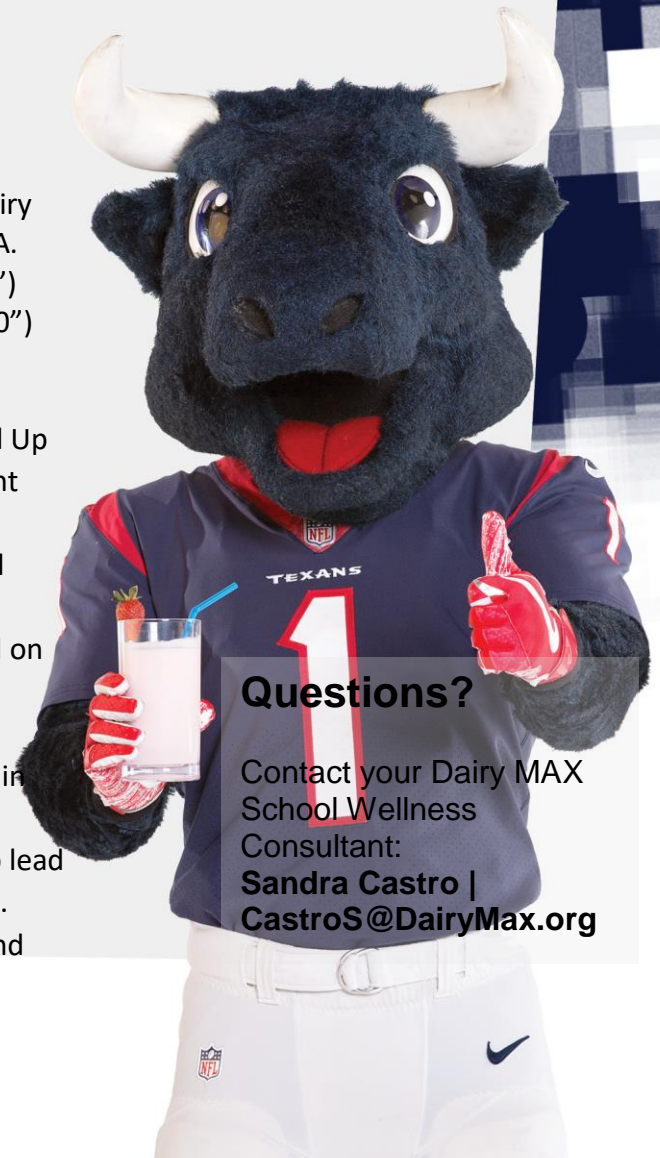
1. Campus Wellness Committee* - **Step 2** Completion (Build Teams)
2. Health and Wellness Event* – **Step 1, 4 or 5** (Kick-off Event, Healthy Eating Play, or Physical Activity Play using FUTP60 Playbook)
3. Campus-wide Physical Activity* - **Step 5** (Physical Activity Play)
4. Non-Food Based Reward System - **Step 4 and Step 3** (Healthy Eating Play and Wellness Investigation/School Health Index)
5. Nutrition and Physical Activity in Core Classes - **Step 4 and 5** (Healthy Eating Play, Physical Activity Play using FUTP60 Playbook)
6. Staff Wellness Program - check out Playbook ideas on Fuel Up to Play 60 website

**Mandatory Criteria with WATCH*

Why Fuel Up to Play 60?

Fuel Up to Play 60 is a FREE in-school program brought to you by the National Dairy Council, Dairy MAX and the NFL, in collaboration with the USDA. The program promotes healthy eating (“Fuel Up”) and 60 minutes of daily physical activity (“Play 60”) through fun activities and great incentives.

1. **Achieve school wellness goals** – Use Fuel Up to Play 60 on its own or to support current efforts.
2. **Amp up your efforts** – Add NFL sizzle and student fun!
3. **Six easy steps** – Simple steps, all outlined on the website.
4. **Tons of ideas** – Come up with your own activities or choose from dozens of ideas in the Playbook.
5. **Student leadership** – Student teams help lead the program and get their peers involved.
6. **Free goodies** – Posters, promos, prizes and more to create excitement and fun!



Questions?

Contact your Dairy MAX
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