SUCCESS STARTS WITH FUEL UP TO PLAY 60
A COMPLETE, CUSTOMIZABLE SCHOOL WELLNESS SOLUTION

Great things happen with Fuel Up to Play 60. And once the momentum starts, it builds! The result: empowered youth who eat healthier, move more, and inspire their school and community to do the same.

FUEL BEST PRACTICES
Solutions that improve nutrition and physical activity in schools.

FUEL HEALTHY EATING
Helping make healthy choices easy and accessible.

FUEL PHYSICAL ACTIVITY
Helping all students move more before, during, and after school.

FUEL MOMENTUM
Funding that helps schools jumpstart healthy changes.

FUEL LEADERSHIP
Empowering youth as leaders who inspire and engage their peers.

FUEL ADULT CHAMPIONS
Program advisors along with school administrators, staff, and parents who encourage, develop, and support.

FUEL LEARNING
Because healthy students are ready to learn.

FUEL SUCCESS
Meeting and exceeding school wellness goals.

FUEL GREATNESS
Achievement in life: the ultimate goal.

Fuel Up to Play 60 is a flagship program of GENYOUTH

FuelUpToPlay60.com
**RESULTS AND IMPACT ARE THE BOTTOM LINE**

### Reaching and Engaging Students

- **73 thousand** Enrolled schools
- **38 million** Students reached through the program nationwide
- **12 million** Students actively engaged in the program
- **35 thousand** Students empowered as school wellness ambassadors

**Students, educators, and supporters: Visit FuelUpToPlay60.com**

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### Improving Healthy Eating and Physical Activity

**BECAUSE OF FUEL UP TO PLAY 60...**

- **18 MILLION** Students now have access to healthier foods at school
- **13 MILLION** Students are eating healthier
- **17 MILLION** Students now have access to more physical activity opportunities at school
- **16 MILLION** Students are more physically active

**STUDENT INVOLVEMENT MATTERS!**

Student involvement* in Fuel Up to Play 60 positively relates to healthier eating and more physical activity throughout the school!

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### Educators Report that Fuel Up to Play 60 Helps Meet School Goals

- **70%** Say Fuel Up to Play 60 helps them achieve their school wellness goals
- **47%** Say Fuel Up to Play 60 positively impacts student academic performance
- **73%** Say Fuel Up to Play 60 positively influences their school environment

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### Funding Sustainable Changes

- **IN FUNDS FOR FUEL UP TO PLAY 60 MINI-GRAINS HAVE HELPED OVER 5,000 SCHOOLS AND 3 MILLION STUDENTS MAKE HEALTHY CHANGES**

  - Grab-n-go carts and kiosks make nutritious school breakfast-on-the-go possible and appealing to students. A **$2,000 Funds for Fuel Up to Play 60 mini-grant** per school impacts an average of **566 students** daily and helps deliver up to **102,000 breakfasts a year**, helping students be ready to learn.

  - A **$1,000 Funds for Fuel Up to Play 60 mini-grant** in a school walking club results, on average, in **600 students walking almost 20 extra minutes per day, 3 days a week.**

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### Helping Underserved Students and Schools

- **OVER 30%** of enrolled schools are in urban settings with predominantly minority and lower-income students
- **2/3 OF FUNDS** for Fuel Up to Play 60 mini-grants have been used to jumpstart healthy changes in underserved communities

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Data are based on annual Fuel Up to Play 60 Utilization Survey of almost 10,000 educators nationwide. Funds for Fuel Up to Play 60 reporting, and program enrollment data.

Fuel Up to Play 60, the signature program of GENYOUth, was founded by the National Dairy Council and the National Football League, in collaboration with the U.S. Department of Agriculture. In over 73,000 schools reaching more than 38 million students, it’s the nation’s largest in-school wellness program. Fuel Up to Play 60 enables students to make small everyday changes around health and wellness, which amount to lasting changes in schools and communities. Students who are active in Fuel Up to Play 60 develop leadership skills and inspire their peers to be healthier. They also enjoy unique opportunities to win cool prizes, like an NFL player visit or Super Bowl tickets, for choosing good-for-you foods and getting active for at least 60 minutes every day.

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*Involvement is defined as leading and/or participating in a Kickoff Event, taking part in Healthy Eating/Physical Activity Plays, visiting the Fuel Up to Play 60 website, tracking progress, helping to plan/implement activities, and/or participating in campaigns or youth challenges.*