



# WHAT FUELS YOU to Fuel Up to Play 60?

shared by Indiana Program Advisors

“To not be the student I was in school. Overweight and slow. I have lost 50+ lbs and now walk marathons.”

“Helping students create healthy habits that empower them & build their confidence.”

“Seeing the kiddos excitement in making connections.”

“Meet them where they are. They all need to start.”

“The program provides opportunities and resources for students to develop lifelong skills.”

“Healthy habits for ALL! Adults and kids together.”

“Improve health of kids. A lot of food served is “convenient” food. Trying to improve that for the kids that are growing up with everything convenient to them.”

“The thing that fuels me is the way movement influences thinking.”

“The prominent poor health of students. They’re struggling health wise.”

“Our kids need us. They don’t all have people at home to teach them how to be active.”

“Results proven from movement and nutritious eating.”

“Planning for future generations to combat solitary lifestyles and a world of convenience.”

“FUTP60 helps students understand that healthy eating / exercise leads to more efficient learners & brain power!”