



How do you UPLIFT YOUR STUDENTS to be leaders with Fuel Up to Play 60?

shared by Indiana Program Advisors

“Make it personal. Share your journey.”

“We uplift our students by teaching them why health is so important.”

“Allow students the opportunity to lead and fail and try again.”

“Empower Students – get student feedback on what they think are good ways to promote healthy eating and physical activity.”

“Uplift students by letting them know they’re important to me and others. It opens students to believe in themselves.”

“By encouraging students to share their success stories with the group.”

“Make sure you listen to everyone.”

“Encourage movement and learning through movement.”



Specific Programs:

- Gathering student ambassadors and listening to their ideas.
- Have a club and promote leaders and show improvements along the way.
- Ask student organizations to test new food products.
- We have a group of students who pass out a healthy snack and healthy tip three days a week.
- We have 3-6th grade. Every other week we meet for an hour with different clubs. Our 6th graders are the “Big Bosses” and help lead ideas for school menus & wellness.
- Bring in high school athletes / band to show the kids what they can do by eating healthy and getting moving.