



Physical Activity Play

WALK THIS WAY - START A WALKING CLUB

PLAYBOOK HIGHLIGHT

Start a walking club to get students, teachers, administrators and members of the community to make walking part of their day – every day! Schools across the nation implement walking clubs as part of Fuel Up to Play 60 to provide a program for all athletic ranges and create a way to achieve a sixty minute per day activity goal.

Fill out your Walking Journal [HERE](#)



Programs from Fuel Up to Play 60 Program Advisors

Walking Club

Chrissy DePew, Wellness Team
Garrett Middle School (Garrett, IN)

This Walking Club started out with a school-wide kickoff. The middle schoolers followed a designated walking route throughout the building. Along the way, students were able to try smoothies from their new smoothie machine and sample different cheeses. Students could then sign up for the Walking Club. They are excited to encourage others to get up and find easy ways to be active.

[WATCH VIDEO](#)

Check off the Play from the Touchdown Steps on your FUTP60 dashboard [HERE](#)

Complete this Play

Below are a few ideas

The Steps Include:

Identify meeting times & routes

Set Goals

Plan a Kickoff

Grow Your Club

Annual Hawk Walk

Danai Rush, P.E. Teacher
Wyandotte Elementary (Lafayette, IN)





This event connects a walk and health fair with healthy snacks. Younger kids had a 1K around the school, before older students and adults took on a 5K event. Inside the school was a health and activity fair. A smoothie bike was a fun way to encourage healthy foods. The goal was to increase health and wellness, starting with those in the school, out to parents and the community.

[WATCH VIDEO](#)

Share the Great Work your students do and keep us posted [#FuelGreatness](#) [#WinnersDrinkMilk](#)



Be Social - Great Resources to follow for ideas:

- American Dairy Association Indiana   
- Fuel Up to Play 60 
- Indiana Fuel Up to Play 60 Program Advisors 
- National Fuel Up to Play 60 Program Advisors 

Your Indiana Fuel Up to Play 60 Team

- Josh Leitman | Youth Wellness and Communications Coordinator
- Meg Magsamen | Youth Wellness Community Manager
- Hanna Kelley, RD, LD | Director of Health and Wellness
- 317-842-7133 [WinnersDrinkMilk.com](#)