Fuel Up to Play 60 is a fun and exciting program that encourages and motivates students like you to create healthier habits. Fuel Up to Play 60 Challenges, rewards and other tools and resources, give you the opportunity to create your own program and decide how YOU want to Fuel Up to Play 60!

Eating right and getting exercise may help you **perform at your best**—inside and out. You’ll have the opportunity to decide how YOU want to make healthy changes. You can:

- Participate in **Fuel Up to Play 60 Challenges**
- Earn great **prizes and rewards**
- Make a difference at your school

Get started with these six easy steps:

1. **Join the League and Suit Up**
   - Get the word out, tell your friends and get your school involved!
   - Have an adult at your school enroll and sign up for a free School Wellness Kit. Go to FuelUpToPlay60.com!

2. **Draft Teams and Key Players**
   - Work together and partner up with people at your school, your parents, your friends—anyone!

3. **Kickoff!**
   - Show everyone what Fuel Up to Play 60 is.
   - Get everyone excited and motivated.

4. **Survey the Field**
   - Know your school and learn more about what your school’s health and wellness goals are.

5. **Game Time!**
   - Take action for change! Log on to FuelUpToPlay60.com to compete in **Fuel Up to Play 60 Challenges** with kids across the country. You’ll have the chance to win prizes for you and your school.
   - Track your healthy habits online to help you meet your personal goals.
   - Help make your school an even better place by implementing fun “plays” that are provided in the interactive Playbook on FuelUpToPlay60.com —your guide to the program.

6. **Light Up the Scoreboard!**
   - Share your successes and get inspired by other schools around you.

Want to learn more? Here are the facts.
It’s important to treat your body right and make good choices to help you feel and perform your best!

**Eating healthy** starts with knowing what’s good for you. **Low-fat or fat-free dairy** foods like milk, cheese and yogurt, **fruits, vegetables** and **whole grains** help give your body the nutrients it needs to stay healthy and perform at its best—just be sure to “Fuel Up” with foods that are good for you.

Getting **60 minutes of physical activity each day** is important, too. Staying active may help boost your self-esteem, decrease stress levels and even help you perform better in school! Plus, making physical activity a habit early on gives you a better chance of being healthy when you’re older. Twenty minutes here, 15 minutes there, 25 minutes over there is all it takes. **Walk. Run. Play a sport.** It’s all up to you. **Just make time and be sure you “Play 60.”**

Check out FuelUpToPlay60.com to learn more, track your healthy habits, discover fun challenges to take on and see who else is participating in Fuel Up to Play 60 in your area!