

Free Fuel Up to Play Wellness Activation Kits!

The National Dairy Council® has huddled up with the National Football League to help America's students eat right and stay active with *Fuel Up to Play!* This **free** program focuses on empowering kids in grades 4-10 to make smart choices about their nutrition and physical activity.

- Schools enrolled in *Fuel Up to Play* receive the easy-to-implement School Wellness Activation Kit, online marketing tools and bonus goodies.
- The kit includes a menu of activities and colorful display materials – customized with local NFL team insignia - that inspire students to “get up and play” for 60 minutes a day and to “fuel up” with the food groups kids don't get enough of – low-fat and fat-free dairy products, fruits, vegetables and whole grains.
- *Fuel Up to Play* can be used to complement an existing school wellness program, or to help a school get started.

Enrollment for the 2009-2010 school year is now open; however, supplies are limited. To receive your school's free kit or for more information about *Fuel Up to Play*, simply go to www.SchoolWellnessKit.org. Anyone in the school can order the kit. Kits ship in early October.

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