



We believe in creating healthy, high-achieving school environments.

School Wellness Programs

THE ALLIANCE FOR A HEALTHIER GENERATION + FUEL UP TO PLAY 60

Nationwide, there are dozens of organizations working with schools to make their environments healthier. Two national programs, Fuel Up to Play 60, developed by National Dairy Council (NDC) and the National Football League (NFL), and the Healthy Schools Program of the Alliance for a Healthier Generation, founded by the American Heart Association and the Clinton Foundation, offer complementary programs that improve the health and wellness of schools across the nation.

Our Complementary Approaches

The Alliance's Healthy Schools Program helps to define, shape and promote school health policy change and adoption, while Fuel Up to Play 60 creates a culture of school wellness and grassroots demand for change by empowering schools and students to cultivate a healthier school environment. Both organizations are key partners of *Let's Move! Active Schools*.

The Alliance for a Healthier Generation Provides Wellness Framework, Technical Assistance and Recognition Opportunities

The Alliance's Healthy Schools Program provides a comprehensive wellness framework to define and implement policy changes in seven wellness areas. These areas also serve as the goals within *Let's Move! Active Schools*, focused on increasing physical activity throughout the day. The program offers schools:

- Policies and guidelines
- Agreements with companies to support healthy products in schools
- Access to national experts, onsite and virtual training, technical tools and resources, and professional development opportunities
- Monitoring and measurement of school wellness policy and practice adoption with national recognition opportunities

Fuel Up to Play 60

Supports Student Engagement and Provides Resources and Grants

Fuel Up to Play 60 empowers youth to make a difference in their school nutrition and physical activity environment. The program offers schools:

- Funding opportunities to help schools jumpstart healthy nutrition and physical activity improvements
- Grants that also support engagement in *Let's Move! Active Schools*
- An annual Playbook to inform, motivate and guide in-school environmental changes
- A student-centric approach with a pathway for youth engagement and leadership
- Events and NFL-themed rewards at the local and national level

Partner with Us!

We encourage your school to engage with the Alliance's Healthy Schools Program and Fuel Up to Play 60. Both programs and services are offered at no cost.



If you are a school enrolled in the Alliance's Healthy Schools Program, learn more about Fuel Up to Play 60 and how its grants, tools and student engagement resources can propel your school to achieve greater success.

www.fueluptoplay60.com or 800-752-4337.



If you are a Fuel Up to Play 60 school that has achieved success in improving the nutrition and physical activity environment, visit the Alliance's Healthy Schools Program to get technical assistance that can extend your wellness programs. You also have the opportunity to receive national recognition for your achievements.

www.schools.healthiergeneration.org or 888-KID HLTH.

School Wellness Successes in South Dakota

Many schools across the nation have taken advantage of the Alliance for a Healthier Generation's Healthy Schools Program and Fuel Up to Play 60, bringing school wellness to the next level!

Black Hawk Elementary School, Rapid City Area School District, South Dakota

The Alliance for a Healthier Generation's (AHG) Healthy Schools Program and Fuel Up to Play 60 have led to big changes at Black Hawk Elementary. Alliance for a Healthier Generation provided the Framework of Best Practices to improve several wellness areas within the school. Fuel Up to Play 60 helped give students a voice and get them more involved, which also provided direction for wellness projects.

Participation in both programs resulted in empowerment of students and staff members to continuously be on the lookout for ways to make healthy eating and regular physical activity a priority. The school's wellness team includes classroom teachers, the physical education teacher, principal, special area teachers and students who meet once a month to work on various projects.

Using the Alliance for a Healthier Generation and the Fuel Up to Play 60 programs together has helped the team learn how to make healthier choices. The school planned a Fuel Up to Play 60 kick-off, where the AHG Physical Activity Advisor provided a 90-minute training session outlining ways for teachers to use physical activity in the classroom. While teachers were introduced to healthy classroom changes, students participated in a variety of stations, including a smart snacking station and a dance/yoga station.

Through Fuel Up to Play 60 and the Alliance for a Healthier Generation, teachers have learned more ways to make their classroom a healthier place, and students have become excited about their school's upcoming Fuel Up to Play 60 activities. Teachers have noticed several changes, from students paying closer attention to the nutrition facts on their food choices to ensuring they're not sedentary for extended periods of time.



Madison Elementary School, Huron School District, South Dakota

Madison Elementary School was looking for new ways to focus on school wellness. In the last year, Fuel Up to Play 60 and the Alliance for a Healthier Generation have provided a perfect solution. As a result of their new efforts, healthy eating and regular physical activity are becoming the norm at Madison Elementary as well as in the surrounding community.

In just one year, Program Advisors Rita Baszler and Angie Boetel worked to form a Fuel Up to Play 60 student team, while also applying for grant funding and nominating students to become Student Ambassadors. Through the Alliance for a Healthier Generation, they had the opportunity to invite a guest speaker to the school six times a year to share how nutrition can benefit students' bodies and ability to learn.

Additionally, the Program Advisors have worked to get the community involved through the planning of a 5K Family Rainbow Run. The Fuel Up to Play 60 student team made posters advertising the run and ran announcements in school and on Facebook. Between 20 and 70 students trained outside or in the halls of the school for nine weeks leading up to the run, which drew nearly 300 participants. Coborn's Grocery Store and Dean Foods donated fruit and chocolate milk for refueling after the race.