

LET'S FIGHT FOR HEALTHIER KIDS. JOIN THE FUEL UP TO PLAY 60 SOLUTION.

LEARN MORE ABOUT GETTING INVOLVED AT FUELUPTOPLAY60.COM AND NFLRUSH.COM



Roberto Garza, #63,
Chicago Bears Guard

We can ensure a healthier future for the next generation. **IF OUR GENERATION STEPS UP.**

The NFL and its players are committed to improving the health of children across America and fighting childhood obesity. It's a challenge that can only be met with the support of leaders from all parts of society.

That's why the NFL has teamed up with National Dairy Council® to teach kids both sides of healthy living through Fuel Up to Play 60. The program empowers students in grades 4 through 10 to "fuel up" with nutrient-rich foods they often lack and "get up and play" with 60 minutes of daily physical activity. The program is already in 60,000 schools, with kids leading changes that

will help make their schools healthier places.

Fuel Up to Play 60 is a program of NFL PLAY 60, the NFL's larger commitment to the health and wellness of the next generation. The NFL PLAY 60 campaign comes to life year-round with all 32 NFL teams and NFL players working in their communities to make the next generation the most active and healthy.

But there is so much more we can all do. Whether you're a parent, educator, coach or friend, you can help make kids' lives healthier by stepping up and getting involved. Learn more about getting involved at FuelUpToPlay60.com.

