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For immediate release

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Local Students Honored at Colts Game!

On November 28th, ten fortunate Fuel Up to Play 60 students will be introduced on the field at Lucas Oil Stadium before the Colts home game against the Chargers. The students and their Fuel Up to Play 60 Advisors were the selected to be honored during the game because they were first to qualify by submitting the required program elements. The following students will be introduced before the game and watch practice from the sideline:

Mt. Healthy Elementary, Columbus, IN

- Carly Dewees
- Brianna Stainbrook
- Kathy Rebber, Fuel Up to Play 60 Advisor

Rosa Parks-Edison, Indianapolis

- Phillip Rowland
- Moid Ali
- Savannah Dishman
- Kiahna Brink
- Roberta Sipe, Fuel Up to Play 60 Advisor

Meredith Nicholson Elementary, Crawfordsville

- Owen Bennett,
- Chad Hargis,
- Austin Warren

- Lauren Minks
- Laura Newman, Fuel Up to Play 60 Advisor

More than 60,000 schools across the United States are participating in Fuel Up to Play 60. Launched by National Dairy Council, local Dairy Councils and National Football League (NFL), in collaboration with United States Department of Agriculture (USDA), the program encourages youth to consume nutrient-rich foods and achieve at least 60 minutes of physical activity every day. Multiple health organizations and several major corporations are also supporting Fuel Up to Play 60, now in its second year.

Based on the 2005 Dietary Guidelines for Americans, Fuel Up to Play 60 empowers students to engage their peers to “fuel up” with nutrient-rich foods they often lack – particularly low-fat and fat-free milk and milk products, fruits, vegetables and whole grains – and “get up and play” with 60 minutes of daily physical activity. Components, developed for and by youth – such as program activities, in-school promotional materials, a website and youth social media partnerships – are customizable and non-prescriptive. If a school already has existing wellness programs or efforts, Fuel Up to Play 60 can complement and enhance them with additional resources, tools, rewards and incentives for students, adult Program Advisors and the school.

Fuel Up to Play 60 taps the power of the NFL and its teams, players and physical activity programming to add recognition and value for students. National Dairy Council’s trusted school relationships are crucial in sustaining the program. All 32 NFL teams are participating in the program through local dairy councils and schools in their respective markets. By giving students both a voice *and* a valuable role in shaping the future of their generation, National Dairy Council, the NFL and USDA are providing concrete opportunities for children to lead real change in the fight against childhood obesity.

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