

Winfield Middle School

Fuel Up to Play 60
April 2011 - Present

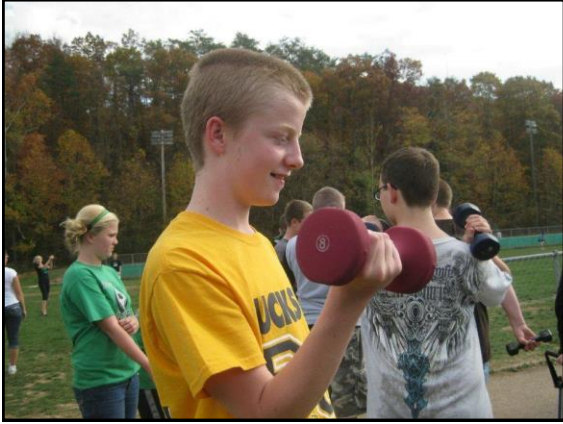


Fuel Up to Play 60 is a nutrition and physical activity program created by the National Dairy Council®, your local Dairy Council and the National Football League (NFL) – in collaboration with the United States Department of Agriculture. It engages students, working together with adults, to be creative and make long-term, healthy changes in school. The program builds on research: well-nourished kids tend to be better students, and physical activity supports learning.

- Exercise Activities on Fuel Up Fridays
- Oatmeal Bar added to Breakfast
- Smoothies on Thursdays with Breakfast
- Student FUTP 60 Ambassadors
- Drawings / Prizes
- Many Grant opportunities
- Pilot Program for Grab and Go Breakfast

- Aerobic Kickboxing
- Arms / Weights
- Around the School
- Gaga Ball - Gillespie
- General Fitness
- Hiking Trail
- Hoola Hoops
- Jump Bands
- Kickball
- Line Dancing
- Obstacle Course
- Relays
- Running
- Self Defens
- Steps/Stairs
- Volleyball
- Whiffle Ball
- Yoga
- Zumba





Smoothie Thursdays



Pilot Program for Grab and Go Breakfast October – December 2012

FUTP 60 Ambassadors placing stickers on Grab and Go Breakfast Bags



Ms. Page, Counselor, and Mrs. Spence, Hot Lunch Secretary, wait for the Grab and Go Breakfast to begin



Mrs. Naylor, Counselor, assists Ambassadors with Grab and Go





