



Team Up Today

Be Part of Your School's Team — Tips for Students

Fuel Up to Play 60 puts students like you in charge of building a healthier student body, and organization is your key to success. When it comes to *Fuel Up to Play 60*, being organized is all about **TEAMWORK!**

Take a leadership role to champion good health!

Form a team with other students to plan and carry out *Fuel Up to Play 60* Action Strategies. These strategies are designed to get you started on activities or programs that students can help design and lead — with a little help from the right people — and really make a difference.

Work with a Program Advisor — an adult wellness champion in your school — who can give you ideas and help you organize your team. Try to involve the widest range of students possible — students with different interests and skills and who are in touch with the views of fellow students in the school.

Your core team can involve as many **additional student volunteers** as possible to help out with program activities as needed.

Divide the responsibilities among your team members, so that everyone can contribute and bring their unique talents to the *Fuel Up to Play 60* Action Strategies. Review Getting Organized: Tips for Building Your School's Team.

Reach out to your school health advisory council (SHAC) or other wellness committee to help plan and get the word out about your *Fuel Up to Play 60* activities. (To find out if your school has a SHAC or other wellness committee, check with your school principal.)

Remember: You're not alone — with the help of students and adults at school, the Fuel Up to Play 60 Action Strategies, and other resources, you will go far!