



Make the Most of Mornings

Getting students and staff moving through walking or other activities before school.

Research shows that being active improves cognition, achievement and general health. Starting the day with a healthy dose of physical activity can help jumpstart learning and give students momentum for success throughout the day.

Organized activities are great ways to put a focus on physical activity and build a community spirit for continuing participation. Here are some fun ideas to help get kids and teachers participating in *Fuel Up to Play 60*.

SCHOOL-WIDE WALK IT! CLUB

Organize a walking club to get students (and staff) at your school to make walking part of their daily routine. Walking is a great form of exercise and you can fit it in whenever and wherever it works! Adding some “chill out” time to walk with friends, hike with your family or compete in some walk relays might be just the thing to help take time out to recharge and have fun. Remember, small steps make a big difference!

- **Find walking areas in and around the school** and arrange appropriate routes, any supervision (if necessary), and a plan for rainy days — create at least one in-school walking route.
- **See Walk with a Purpose** for more information and activity ideas.

- **Invite your school's principal, a teacher, parent, community leaders or other adults to lead a walk once a week.** When adults model good physical activity habits, students are more likely to catch on and follow their lead.
- **Work with local fitness and clothing stores to offer discounts** on walking shoes/clothes, water bottles or other resources. See [Tips and Tools for Engaging Businesses](#). You can also use this [donor request letter](#) template to request donations.
- **Create a flyer** to help walkers learn how to stretch and warm-up properly. Use [NFL Stretches and Calisthenics](#) for ideas.

Everyone Can:

- Help select locations and times for kicking off the walking club.
- Create flyers and announcements to promote the activity.
- Solicit community donations; prepare and distribute handouts.
- Promote the club among your fellow students and staff at your school.
- Get adults to lead weekly walks.
- Encourage their friends and classmates to be physically active and track their physical activity for the [Fuel Up to Play 60 Competition](#).



PRE-CLASS LAP RUN

Organize a morning running club to get students (and teachers) at your school revved up for the day. Create a time and place for students to run a few laps before school starts.

- **Work with your school physical education team and leaders** to open the gym or use the outdoor track to have students come a few minutes before school to run (or walk) laps.
- **Work with your principal** to determine the times or days that the location(s) can be made available.
- **Invite teachers and other volunteers** both to help supervise students and to participate in the lap run themselves. Share information about how pre-class lap running can help students come to class more focused, and about how exercise helps learning in general.
- **Consider working with local fitness and clothing stores** to offer discounts on running shoes/clothes. See Tips and Tools for Engaging Businesses. You can also use this donor request letter template to request donations.

• Spread the word about your Pre-Class Lap Run:

- Create posters to put up in high-traffic areas.
- Distribute flyers in classrooms.
- Advertise your program during morning announcements.
- Consider asking students at your school to set goals for the total number of laps, and publicize results.

- **Use the Why and How to Play 60** information sheet to highlight the importance of physical activity and how it can be done in short time periods, such as what would be required for a morning lap run.

Everyone Can:

- Help promote the lap run and highlight successes.
- Help choose a location.
- Organize volunteers to supervise the running club activities.
- Help secure donations from local businesses.
- Set goals and track results for number of laps run.
- Encourage their friends and classmates to be physically active and track their choices for the Fuel Up to Play 60 Competition.



WALK/BIKE TO SCHOOL PROGRAM

This program makes it possible for students at your school to walk or bike to school while accompanied by an adult chaperone. By providing students with an active and safe route to school, walk/bike programs create a fun and physical activity-promoting part of everyone's daily school day routine.

- **Check out KidsWalk-to-School**, from the U.S. Centers for Disease Control and Prevention, for a step-by-step guide and supporting materials for launching a walk/bike to school program. Here you'll find tips for creating a program for students of all ages, advice on how to get parents and community groups involved, a presentation for introducing the program to adults who can help with and support the program, and more.
- **Before starting the program**, ask teachers to discuss with students the importance of being physically active, and to encourage participation.
- **Approach local businesses or community organizations** for resources you might need for the walks. Donors could provide water bottles for walkers, balloons to mark the path and small rewards for students who walk/bike to school regularly. See Tips and Tools for Engaging Businesses and Tips and Tools for Involving Your Community for help in involving possible donors.

- **The National Center for Safe Routes to School** helps communities develop safe routes for students to walk or bike to school. The Center has promotional materials, stories about communities with successful walk/bike-to-school programs, and resources to help schools find funding for walk/bike-to-school programs.
- **National Walk to School Day** is in October. Learn more at www.walktoschool.org.

Everyone Can:

- Be part of a walk/bike to school planning team.
- Help inform key adults (principal, teachers, parents, community leaders) about it.
- Solicit community donations.
- Prepare and distribute handouts.
- Help plan the routes.
- Encourage their friends and classmates to participate and track their physical activity for the Fuel Up to Play 60 Competition.



YOU'LL LOVE YOGA

Work with your physical education department or a local fitness center to start a yoga class (or other fitness class) at your school, either before or after school. Help students get a good start (or end) to their day with a calming, but energizing workout!

- **Work with your school physical education department** and school principal to find times and places where a yoga class could be taught.
- **Survey the community or visit local fitness centers** to find someone that would be willing to donate instructor time to teach the classes and solicit donations of yoga mats and other resources from local sporting goods stores. Use this [donor request letter](#) template to request donations or assistance. See [Tips and Tools for Engaging Businesses](#) for more ideas on getting help from the community.

- **Speak with teachers** to get their support for the program. Encourage them to attend the classes and promote them to students.
- **Spread the word about the yoga classes.** Highlight the [benefits of yoga for students](#). Create posters to put up in high-traffic areas, distribute flyers in classrooms, and advertise your program in the school newsletter. Encourage your classmates to make physical activity a part of their morning (or afternoon) routines and to track their activities for the [Fuel Up to Play 60 Competition!](#)

Everyone Can:

- Help solicit donations from local instructors and stores.
- Provide promotional information about the class to teachers.
- Promote the program to students.
- Encourage their friends and classmates to be physically active and track their physical activity for the [Fuel Up to Play 60 Competition](#).