

Success Stories



Positive Change

Schools have had great success with **Action for Healthy Kids** and **Fuel Up to Play 60**. Here are some stories and experiences to inspire and spark ideas about how you or others in a school can help students and schools be healthier through improved policies and opportunities for better nutrition and more physical activity.

For more information and ideas, visit ActionforHealthyKids.org and FuelUptoPlay60.com.

GAME ON! The Ultimate Wellness Challenge



"The big incentive for me to continue (Game On!) is both years that we've done it, our Florida Comprehensive Assessment Test (FCAT) scores went up, which tells me eating right and moving more have positive academic results."

- Dr. Kimi West, school guidance counselor, Sparr Elementary School

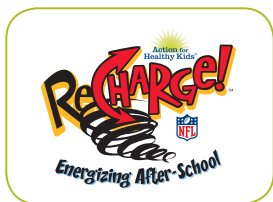
"It was a complete environmental shift when they (Wes-Del Elementary School) did Game On! Now they have a plan, and their school health advisory council members have school wellness policy goals and objectives. The students had so much fun they are not going to let the teachers...drop it."

- Cathy Whaley, instructor in the Department of Physiology and Health Science at Ball State University, Action for Healthy Kids Volunteer

Healthy Bodies = Healthy Minds

Before their introduction to **Game On! The Ultimate Wellness Challenge**, students at Sparr Elementary School in Ocala, FL, didn't know or care much about the nutritional value of red bell peppers or cherry tomatoes. But thanks to a grant from Action for Healthy Kids, those students not only learned the importance of eating vegetables but also experienced first-hand the connection between a healthy diet, being active and getting good grades. The students' enthusiasm has led them to try new foods and physical activities. By implementing Game On!, the school increased state test scores in reading, writing and math. The Game On! wellness programming has had a big impact on the academic success of these students. Visit ActionforHealthyKids.org and FuelUptoPlay60.com.

RECHARGE! Energizing After-School



"It was surprisingly easy to launch ReCharge!, primarily because we had everything in place, including after-school staff but the biggest measure of success is that kids really enjoyed it. It's so great to see kids in an after-school setting eating a snack that you know is totally healthy, and being active in constructive, fitness-enhancing ways."

- Kimberley Armitage, executive director, Aurora Family YMCA, CO

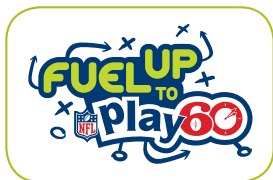
"The students needed something exciting to do after-school. Our program was already underway when we ran across the ReCharge! curriculum. It was just what we were looking for! ReCharge! was so easy. They loved it!"

- Stephanie Duncan, Murray State HSHS outreach coordinator

A Healthy Lifestyle Improves Self Esteem

Students at Murray Elementary School, KY, were in need of an after-school program. When funds prohibited staffing support, school staff worked with Murray State to find nutrition students to help build the program. Once the program was announced, there was immediate interest. Students learned about teamwork and were motivated to be healthy, which helped raise self-esteem. Murray Elementary School is excited to grow its after-school program through **ReCharge!**

FUEL UP TO PLAY 60



"In the school setting, Fuel Up to Play 60 is already demonstrating that children want to, and will continue to, contribute to improving the health of their school."

- Dr. David Satcher, 16th U.S. Surgeon General

"It's one thing for a health teacher to stand up and say [eat healthy and exercise], but when you have kids encouraging kids to make good choices and good decisions, now you're talking some real power."

- Ric Davies, health teacher, Fuel Up to Play 60 program advisor

Engaged Youth

Through determination, students of the **Fuel Up to Play 60** team from Springdale, AR, rallied the school district and business community to not just build a mini-track for their school, but to commit to building an entire community fitness park that would be available to all schools in the district. Students tapped into tools and resources provided in the **Fuel up to Play 60** Playbook to launch a fund-raising effort to build the park. When it is completed, the Community Fitness Park will include a 60-meter, six-lane track, long jump/triple jump sand pits and pole vault and high jump areas. The park already boasts a 400-meter, 8 foot-wide walking/running/training path and place for mountain biking.

STUDENTS TAKING CHARGE



"Each student had to solicit support from a school stakeholder, such as the principal or cafeteria manager, which can be intimidating. The suggestions provided in the Students Taking Charge materials empowered the students to be more confident and assertive, and ultimately resulted in these stakeholders' support to get the program off the ground quickly."

- Margo Owen, CSN, School nurse and Cooking Club Sponsor, Olney West High School, PA

"We took some risks but the benefits were worth it. Students learned how to fill out a grant application, how to brainstorm and work together, and how to improve their personal health. This effort was about more than just a grant. It helped students to feel like they were a part of our school, and that sets the culture for our school."

- Donna Zerr, principal, Pittsburg High School, KS

Students as Teachers

At Howard-Winneshiek High School in Cresco, IA, high school students served as "team teachers" to promote nutrition and physical activity to elementary school kids. They engaged kids in healthy and active lessons that included nutrition information, portion size demonstrations and fresh produce tastings. The high school students were amazed at the questions and enthusiasm of the elementary students. The kids saw the high school students as local celebrities—and role models—and were excited to share what they learned outside of the classroom with family and friends.

