



# NEWS RELEASE

Waterford School District, 501 N. Cass Lake Road, Waterford, MI 48328

Rhonda Lessel, Director  
School & Community Services  
Phone: (248) 706-4867  
Fax: (248) 706.4888

## Waterford Students Are Peddling their Way to Healthy Eating

**November 8, 2018, Waterford, Mich.** – It isn't every day that students get to ride a bike in school, but students from Pierce Middle School will peddle their way to healthy eating on the new Rock the Bike Smoothie Blender on November 14, 10:30am, Pierce Middle School. The smoothie event will be the highlight of our Nutrition and Fitness Student Team Fuel Up to Play 60 Tailgate Party that will also feature milk jug tossing, dance contests, and other fruity fun games. The Waterford School District Food and Nutrition Services Department purchased the new equipment with Fuel Up to Play 60 grant funding.

Fuel Up to Play 60 is a student-driven in-school wellness program developed by the National Dairy Council and the National Football League in collaboration with the United States Department of Agriculture in 2008 to help improve schools' nutrition and physical activity environments. Many children are missing out on essential nutrients and adequate physical activity which may increase risk of overweight and lead to chronic health problems.

Through Fuel Up to Play 60, students are empowered to work with school decision-makers to plan and implement strategies to increase the amount of nutritious food choices and options for physical activity available in their schools. This effort encourages at least 60 minutes of daily physical activity and eating nutrient-rich foods including low-fat and fat-free milk, cheese, and yogurt, fruits, vegetables and whole grains.

###