



Fergus Falls Students Lead by Example

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Nicholas Hohrman
FUTP60 Student Ambassador
Kennedy Secondary Middle School
Fergus Falls, MN



Nicholas Hohrman (L), a FUTP60 student ambassador at Kennedy Secondary Middle School and Kristin Erickson (R), PS4H staff and Fergus Falls Schools FUTP60 Program Advisor.

Paving the Way to School Wellness

Skateboarding, bike riding, rock climbing and playing sports are more than just fun activities for students. Studies suggest that well-nourished, physically active kids can be better students.¹ Fuel Up to Play 60 (FUTP60), which is sponsored by the National Dairy Council, the National Football League (NFL) and the United States Department of Agriculture (USDA), are designed to empower students to make healthier food and exercise habits, all while encouraging their peers and family members to get active and healthy as well.

FUTP60 uses creative ways to encourage students to both "Fuel Up" by choosing healthy foods and recipes that keep their bodies and minds fueled to learn and grow and to "Play 60" by being physically active for at least sixty minutes or more a day. Helping students prioritize healthy eating and physical contributes to their long-term health. And as an added bonus, FUTP60 can also get teachers and staff eating healthy and moving more. A healthier school benefits everyone!

FUTP60 is meant to support a school's wellness policy and helps schools meet national health and physical education standards. At the same time, the program aligns with other healthy school national goals and initiatives — all of which share the goal of reducing childhood obesity. Hence, it was piloted by PartnerSHIP 4 Health staff as a vehicle in which to move the school wellness policy into action in the Fergus Falls School District in Minnesota.

Nicholas Hohrman, a middle school student at Kennedy Secondary Middle School in Fergus Falls, MN said his interest to join FUTP60 was peaked when he saw a commercial on TV. "I saw a commercial for FUTP60 and thought it looked cool," Hohrman stated. "I heard an announcement about it at school and decided to get involved and learn more about it."

The FUTP60 student website and program incents students to join the program and become a student ambassador. Hohrman said one of his favorite FUTP60 memories came after submitting a student ambassador application in order to become eligible for tickets to a Minnesota Vikings Game.

"I won tickets to a Minnesota Vikings game," Hohrman excitedly stated. "The drawing was part of the membership drive at my school. I was able to attend the game where FUTP60 participants were highlighted."

Hohrman, now a FUTP60 student ambassador at Kennedy Secondary Middle School, has seen the benefits a healthier lifestyle has had on him and has challenged those around him to follow his healthy example.

"I encourage other people at my school and in my personal life to exercise more and eat healthier," Hohrman said. "I'm not sure of an actual number of people who I have gotten to participate, but many of the students in my school and my family members have been encouraged to participate by my example," he added.

Hohrman now enjoys staying active with running, walking, swimming, riding bike and playing with friends. "The most important thing for me has been learning to eat healthier, instead of junk food. And exercising more has helped me to lose some weight and feel better than I did before FUTP60," Hohrman said.

¹The Wellness Impact: Enhancing Academic Success Through Healthy School Environments. GENYOUth Foundation, National Dairy Council, American College of Sports Medicine and American School Health Association, 2013. Available at: http://www.genyouthfoundation.org/wp-content/uploads/2013/02/The_Wellness_Impact_Report.pdf.



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