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The National Dairy Council® and the National Football League® are offering schools a free Wellness Activation Kit to help students make positive changes in their eating and exercise habits. The Wellness Activation Kits that schools receive will include display pieces that can be

used throughout the school and will feature kid-centric nutrition and “Play 60” messages. Online tools will support the Wellness Activation kits and will include items like a student “pledge” to eat healthy and be physically active, success stories, sticker art, and logos.

The wellness materials and Website can be used to complement the school’s wellness programs, or to help a school implement *Game On! The Ultimate Wellness Challenge*—a new (free) program from Action for Healthy Kids.

This program is available for the 2008/09 school-year, and is targeted at elementary and middle schools—though any school may order a kit. (Limit one per school.) Order online at www.SchoolWellnessKit.org