



MEDIASOURCE

## FUTP60 SUMMITS LETTER TO THE EDITOR

10/24/10

### **Browns' Thomas Encourages Kids to Fuel Up, Play 60**

Recently, I had a great time spending the day with 100 fantastic kids from Cleveland area schools. We literally got tied up in knots and jumped through hoops to learn valuable lessons about eating nutritious food and getting plenty of exercise. It's part of the NFL and National Dairy Council's Fuel Up to Play 60 program to help kids fuel their bodies with the right foods and get 60 minutes of exercise every day.

Here is why I'm helping Ohio's dairy farmers teach these lessons. About 1 in 5 children in America is overweight. These children are at very high risk of becoming overweight adults who are more likely to develop chronic diseases like diabetes, high blood pressure, cancer and heart disease throughout life. Believe it or not, today's overweight children could have a shorter life expectancy than their parents.

Good nutrition and daily exercise play a major role in preventing obesity and keeping our bodies healthy. Staying active and fueling our bodies with the right foods: colorful fruits and vegetables, whole grains, lean meats and low-fat dairy like milk, cheese and yogurt help us perform our best. These are lessons I learned as a child and they have helped me get where I am today as a professional athlete.

The 100 student ambassadors I met are taking the Fuel Up to Play 60 Challenge to their schools and helping their classmates with winning strategies. As all of the students log their exercise and nutrition by computer, they will compete with students across the nation for some great rewards and prizes. Last year, some of the top schools were from Ohio and I know we'll be on top again this year.

While it is fun and, yes, there are some games, Fuel Up to Play 60 teaches kids some valuable lessons that will last a lifetime. They could even make their lives last longer. If your kids are taking the Challenge, help them reach their goals with nutrient-rich foods and daily exercise. If you want to know more and get your kids involved in the program, check out [www.FuelUptoPlay60.com](http://www.FuelUptoPlay60.com).

Thank you,  
Joe Thomas  
#73, Cleveland Browns