

**Seahawks legend Marcus Trufant visits Gateway Middle School**

*School and district recognized with \$30K grant from NFL and WA State Dairy Council*



**Everett, WA**—On Nov. 28 Seahawks legend Marcus Trufant, Sea Gals and their mascot, Blitz, along with representatives from Washington Dairy Council, came and inspired students at Gateway Middle School in a [Fuel Up To Play 60](#) assembly. They also presented the school with a combined grant of \$30K (\$10K NFL Hometown Grant to enhance Gateway's "Breakfast in the Courtyard" program and the Washington State Dairy Council awarded Everett Public Schools \$20K—\$4K per middle school—as part of the *Fuel Up to Play 60* program to be used to enhance the nutrition and PE programs at each district middle school).

Trufant spoke to students about the importance of eating healthy and being physically active for 60 minutes a day. The "Breakfast in the Courtyard" program will provide students a healthy start by allowing them to grab breakfast as they get off the bus. Currently only 40 of 800 students choose to eat breakfast at school due to tight schedules and location of the meal service.

Through the Hometown Grants program, NFL teams and state/regional dairy organizations identify deserving schools in their communities to receive funding to help facilitate sustainable physical activity and healthy eating programs for students. Since 2014, the program has provided more than 800 schools nationwide with funds and resources, resulting in more than one million students staying physically active and making healthier food choices.

Gateway will receive 30 [Ergotron LearnFit standing desk stations](#) to help increase physical activity in the classroom (included in the grant).

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## **BACKGROUND INFORMATION**

### **About Fuel Up to Play 60**

*Fuel Up to Play 60* is an in-school nutrition and physical activity program launched by National Football League (NFL) and National Dairy Council (NDC), which was founded by America's dairy farmers, in collaboration with the U.S. Department of Agriculture (USDA). Fuel Up to Play 60 is designed to engage and empower youth to take action for their own health by implementing long-term, positive changes for themselves and their schools. The program additionally encourages youth to consume nutrient-rich foods (low-fat and fat-free dairy, fruits, vegetables and whole grains) and achieve at least 60 minutes of physical activity every day. As a result of the program, last year 14 million students made better food choices and are getting more physically active during the school day. Visit [FuelUpToPlay60.com](http://FuelUpToPlay60.com) to learn more.

### **About National Foundation on Fitness, Sports & Nutrition**

The National Foundation on Fitness, Sports & Nutrition believes that the strongest America is one where every citizen has the opportunity to lead a healthy lifestyle. As the official foundation of the President's Council on Fitness, Sports & Nutrition, the National Foundation is the only congressionally chartered nonprofit with the sole focus to help more Americans be active, play sports and eat healthy. Through private donations and partnerships, the Foundation supports programs and initiatives that educate, engage, and empower Americans of all backgrounds and abilities to adopt a healthy lifestyle. For more information, visit [fitness.foundation](http://fitness.foundation).

### **About Washington Dairy Council**

A team of nutrition professionals funded by the Dairy farmers of Washington devoted to the promotion of lifelong health and enjoyment of food through leadership in nutrition education. We encourage food selection patterns, which include dairy foods, in accordance with the U.S. Department of Health and Human Services and the U.S. Department of Agriculture Dietary Guidelines and other currently accepted scientific recommendations.

### **About Ergotron**

As part of [Ergotron](http://Ergotron.com)'s efforts to spread awareness around the impacts of sedentary behavior in children, the company has partnered with a number of national organizations like the Washington State Dairy Council to educate and engage students, teachers, administrators and parents in the importance of active lifestyles. Continuing its mission of transforming classrooms into active learning environments, Ergotron has donated 30 [LearnFit® Adjustable Standing Desks](http://LearnFit.com) to Gateway Middle School. Several studies have shown that adding low-level activity throughout the day offers a variety of benefits, such as boosting energy and focus, burning calories and supporting heart health.

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