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**FORMER CHICAGO BEARS' WIDE RECEIVER ANTHONY MORGAN TO VISIT RIVER TRAILS MIDDLE SCHOOL
TO KICK OFF FUEL UP TO PLAY 60**

MOUNT PROSPECT, Ill. – Former [Chicago Bears](#) wide receiver, Anthony Morgan, will visit River Trails Middle School in Mt. Prospect, Ill. on Thursday, April 5 at approximately 7:45-8:45 a.m. at an assembly to help kick off the [Fuel Up to Play 60](#) program and motivate them to continue to make healthy lifestyle choices for themselves while working to make their school a healthier place. The assembly is part of a full 'Fuel Up to Play 60 Day' to engage students in a variety of activities. Morgan will be joined by another guest, Dr. Naomi Parrella, with the Illinois Academy of Family Physicians, along with other guests throughout the day, including a Registered Dietitian and athletes from Northwestern University.

More than 72,000 schools across the United States are participating in Fuel Up to Play 60. Launched by [National Dairy Council](#), local dairy councils and the [National Football League](#), in collaboration with [United States Department of Agriculture](#) (USDA), the free program encourages youth to consume nutrient-rich foods, including low-fat and fat-free dairy foods, fruits, vegetables and whole grains, and achieve at least 60 minutes of physical activity every day. Multiple health organizations and several major corporations are also supporting Fuel Up to Play 60, such as the Academy of Family Physicians. In Illinois, Fuel Up to Play 60 is provided by [Midwest Dairy Council](#) and the Chicago Bears.

The students at River Trails Middle School, with the guidance of Fuel Up to Play 60 Program Advisor **Cristy Tracz**, began implementing Fuel Up to Play 60 this year. The Fuel Up to Play 60 Day event will include a "kick-off" assembly followed by a full day of physical fitness and nutrition awareness activities:

Morgan **was born** in [Cleveland, Ohio](#), and is a former professional [American football wide receiver](#) in the [National Football League](#). He played six seasons for the [Chicago Bears](#) (1991–1993) and the [Green Bay Packers](#) (1993–1996). He has been active in his community and in schools with Fuel Up to Play 60 in the Chicagoland area.

"We're excited that Fuel Up to Play 60 has given kids an opportunity to take control of their own health and make their school environments healthier by eating right, getting daily physical

activity and encouraging their friends to do the same,” says Lorna Riggs, health and wellness program manager with Midwest Dairy Council. “Fuel Up to Play 60 makes adopting healthy habits fun and exciting while helping youth make a difference in their schools.”

Fuel Up to Play 60 responds to real-world needs in today’s schools with wellness tools that complement – not compete with – the academics-focused environment. The program’s design allows youth and schools to determine which tools and resources best help to meet each school’s wellness goals and features easy enrollment, and step-by-step guidance. For more information about Fuel Up to Play 60, visit www.FuelUpToPlay60.com.

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