How to Participate Through the NFL PLAY 60 App

1. Tap the menu button and select the "teachers" button

2. Use the shuffle buttons to create a unique group name

3. Share "teacher link code" with your group

4. Select "group quickplay" from the main menu

5. Choose workout length

6. Select activities

7. HAVE FUN

The American Heart Association and National Football League are working together to get youth physically active. The American Heart Association and National Football League (NFL) are proud to work together to produce the PLAY 60 app.