



The American Heart Association and National Football League are working together to get youth physically active.

## NFL PLAY 60: FITNESS TRACKING COMPETITION

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

Select the NFL team closest to you to compete under.



4

Share "Teacher Link Code" with your group.



5

Select
"Group
Quickplay"
from the
main menu.



6

Choose workout length.



**7**Select activities.



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HAVE FUN!