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.
5. Select “Group Quickplay” from the main menu.
6. Choose workout length.
7. Select activities.
8. HAVE FUN!