



American Heart Association®

**KIDS
HEART
CHALLENGE™**

NFL PLAY 60 Family Challenge



All you need to kick-off a week of family wellness activities.



PLAY:60

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

NFL PLAY 60 Family Challenge

Each day, families can do one fun activity together to be healthy, active and connected!



Movement Monday with Turbo

Take a family walk, have a dance party or play a game of tag.
Moving together is good for your hearts and boosts everyone's mood.



Together Tuesday with Beet

Make a healthy snack or meal as a family. Ask each other fun questions like, "What superpower would you want?"
Cooking and eating together brings families closer and supports eating smart.



Wellness Wednesday with Zee

Practice deep breathing before bedtime or enjoy a family stretch break.
Getting enough sleep reduces stress and improves overall well-being.



Teamwork Thursday with Victor

Play 'Move More Bingo'! Complete 4 exercises in a row, or go for the bonus challenge and finish all 16 together as a family.
Leading by example in practicing healthy habits inspires others to be their very best.



Finn's Mission Friday with Rescue

Learn lifesaving Hands-Only CPR in only 90 seconds by completing Finn's Mission as a family.
Register and watch the video at [heart.org/schools](https://www.heart.org/schools)



NFL PLAY60 FITNESS TRACKING COMPETITION

MINUTES OF MOVEMENT

Teacher Name: _____

School Name: _____

Grade: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Total Minutes: _____



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

25 WAYS TO GET MOVING AT HOME



1

Run in place for 30 seconds



2

Dance party for 1 minute

3

Stand up and sit down 10 times



4

Read standing up

5

Hot lava!
Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

6

Jumping jacks for 30 seconds

7

Do the hokey pokey

8

See how many squats you can do in 15 seconds

9

Stand up, touch your toes

10

Wall sits while reading



11

One-minute meditation

12

Stretch your hands high over your head



13

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

16

Stand on one leg, put your hands up, put your hands out to the side

17

5 lunges on the right leg, 5 lunges on the left leg

14

10 frog jumps



15

Standing mountain climbers for 30 seconds

20

Practice spelling by doing a jumping jack for each letter

21

30-second plank

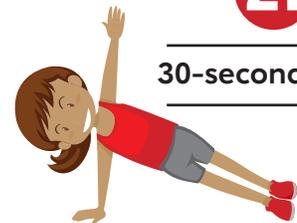


18

Practice spelling, do a squat for every vowel

19

Run in place for 30 seconds, check your heart rate



24

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25

High knees for 30 seconds

22

Practice math problems, do a jumping jack every time the answer is an even number

23

20 leg lifts

25 FORMAS DE PONERTE EN MOVIMIENTO EN CASA



1

Corre en el lugar durante 30 segundos



2

Fiesta de baile durante 1 minuto

3

Ponte de pie y siéntate 10 veces



4

Lee de pie

5

¡Lava caliente! Mantén un globo en el aire sin que toque el suelo (puedes agregar dificultad utilizando solo la cabeza y los codos)

6

Salto de tijera durante 30 segundos

7

Realiza el baile hokey pokey

8

Comprueba cuántas sentadillas puedes realizar en 15 segundos

9

Ponte de pie y tócate las puntas de los pies

10

Lee mientras realiza sentadillas con la espalda contra la pared



11

Meditación de un minuto

12

Estira las manos por encima de la cabeza



13

Realiza círculos hacia delante con los brazos durante 30 segundos, realiza círculos hacia atrás con los brazos durante 30 segundos

16

Párate en una pierna, levanta las manos y, a continuación, mueve las manos a los lados

17

5 estocadas con la pierna derecha, 5 estocadas con la pierna izquierda

14

10 saltos de rana



15

Ejercicio de escalador de pie durante 30 segundos

20

Deletrea palabras realizando un salto de tijera por cada letra

21

Plancha de 30 segundos



18

Deletrea palabras realizando una sentadilla por cada vocal

19

Corre en el lugar durante 30 segundos, revisa tu frecuencia cardíaca

24

Juega a deletrear palabras lanzando una pelota a otras personas. Lanza la pelota y dí la primera letra de una palabra. La persona que la recibe dice la siguiente letra, se la lanza a otra persona que dice la siguiente letra, y así sucesivamente



25

Rodillas al pecho durante 30 segundos

22

Practica problemas matemáticos. Realiza un salto de tijera cada vez que la respuesta sea un número par

23

20 levantamientos de piernas

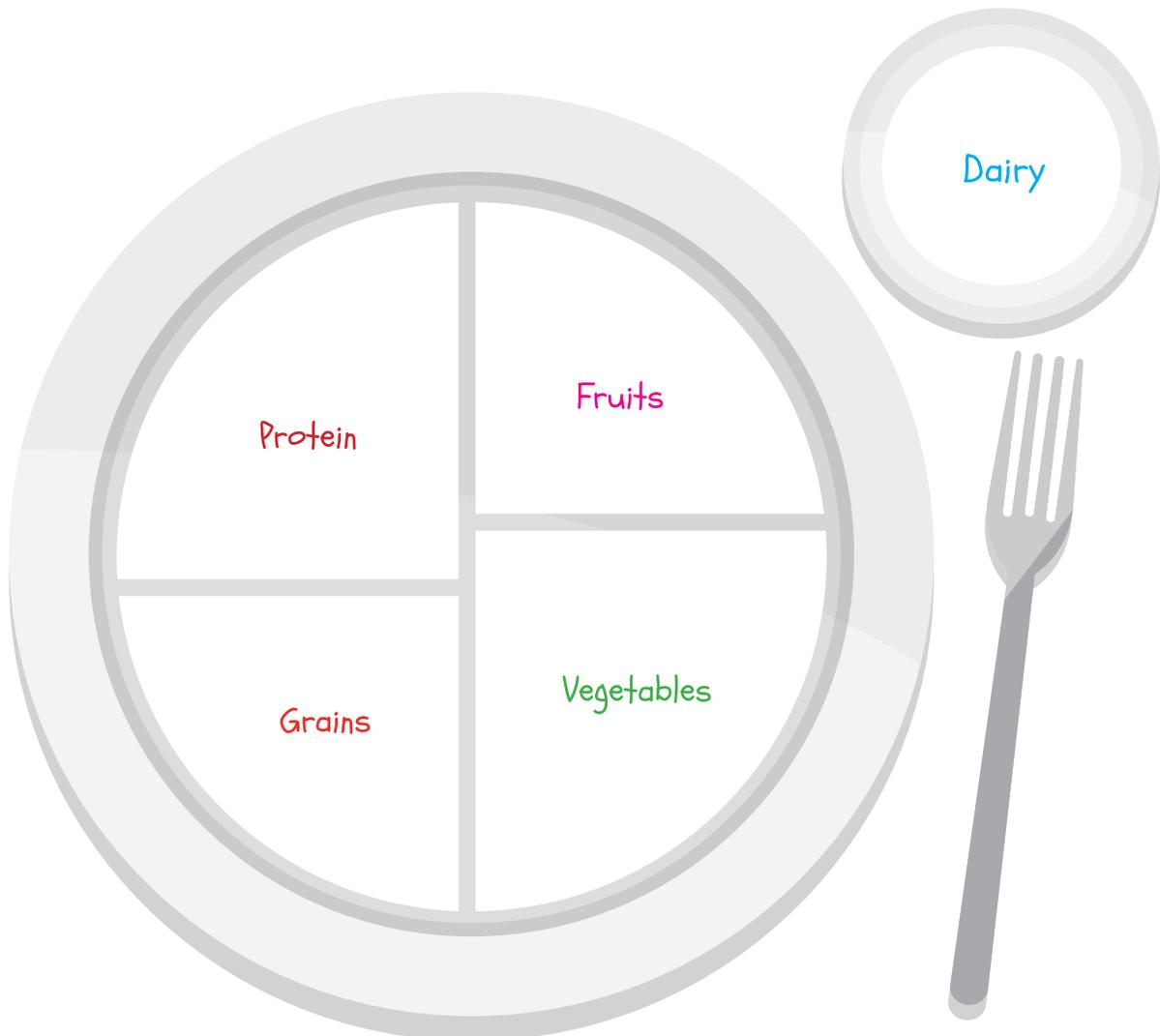
Together Tuesday

COLOR YOUR PLATE!

My favorite thing to eat together is:

_____ (fill in the blank)

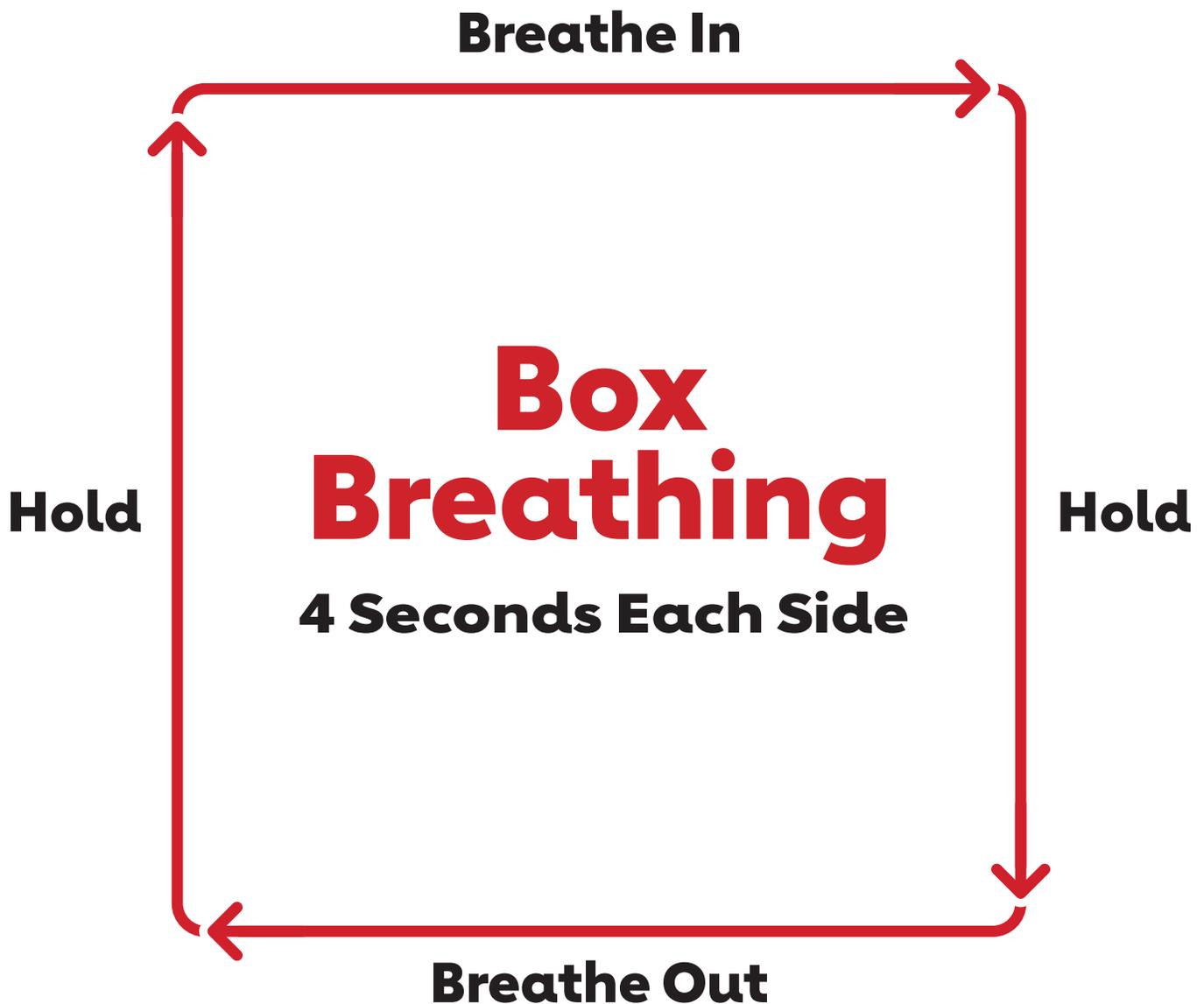
It is important to eat a colorful diet, especially as kids! Don't forget to fill your plate with lots of fruits and vegetables, whole grains, healthy proteins and some low-fat dairy products. Grab your most colorful crayons and colored pencils and fill your plate with color! Draw in at least two foods from each group.





Wellness Wednesday

Let's relax together by practicing this 5 times.



Use this any time you need to feel more calm or relaxed.
You can even try this at bedtime.

HOW TO PLAY:
Complete the movement on each square until you've finished 4 exercises in a row.

Once finished, say: I can Move More like Turbo!

BONUS: Complete ALL 16 exercises.

MOVE MORE BINGO



15 SIT-UPS	10 PUSH-UPS	30 SECOND PLANK	20 SQUATS
20 CALF RAISES	15 TOE TOUCHES	25 ARM CIRCLES	15 JUMPING JACKS
RUN IN PLACE FOR 30 SECONDS	HIGH KNEES FOR 30 SECONDS	BUNNY HOP FOR 30 SECONDS	SKIP FOR 30 SECONDS
CRAB WALK FOR 30 SECONDS	BEAR CRAWL FOR 30 SECONDS	15 SIDE LEG RAISES	JUMP ROPE FOR 30 SECONDS



Finn's Mission Friday



Learn CPR as a family

Meet Navi, a Real-Life Hero

When Navi participated in her school's Kids Heart Challenge, she learned an important skill: Hands-Only CPR. Just weeks later, her Papa experienced a life-threatening emergency. Because Navi remembered what she had learned, she called 911 and performed Hands-Only CPR, helping to save his life.

You can make a difference too. By joining the Kids Heart Challenge and learning Hands-Only CPR in Finn's Mission, you gain the skills to help protect the people you care about most.

Learn Hands-Only CPR
as a family in Finn's Mission
(located in your
headquarters online).

Complete Finn's Mission at
heart.org/schools

2 STEPS TO **SAVE A LIFE**

Call 911



Push hard
and fast



The National
Football League is
the Youth Sponsor
of Nation of
Lifesavers.

© Copyright 2025 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Kids Heart Challenge is a trademark of the AHA. Unauthorized use prohibited.