



NFL PLAY 60 Family Challenge

Each day after school, 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