Snackable physical activity content from your favorite NFL teams to help kids get 60 minutes of physical activity a day. Perfect for brain breaks and physical education gaps.

Students will discover:

- How different exercises strengthen their muscles, bones and heart
- Learn how physical activity can improve their brain power, help maintain a healthy weight, lower the risk of heart disease, and provide more energy throughout the day

**KEY DATES**

- Kids' Day Registration: November 9 - February 3
- Exercise Challenge Voting: January 4 - 22
- NFL PLAY 60 Spirit Week: February 1 - 5
- Kids' Day: February 3

HEART.ORG/KIDSDAY