American Heart Association. | NFL PLAY:60

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

The American Heart Association and National Football League are proud to work together to produce the PLAY 60 app.

American Heart Association & NFL PLAY 60

For over 15 years, the American Heart Association and the National Football League (NFL) have worked together to get youth physically active for 60 minutes a day. Together, we've helped millions of kids and families engage in physical activity and improve their physical and mental wellness. We're maximizing our reach and relevancy to ensure every child, everywhere is moving with flexible, turn-key resources including our NFL PLAY 60 app and digital experiences.

NFL PLAY 60 Fitness Break Broadcasts

Teachers can register their classroom for 15-minutes of fitness and fun with the American Heart Association and NFL through our Fitness Break broadcasts! Interactive experiences kids are sure to love, the broadcasts encourage students to get active – helping them on their way to reaching 60 minutes of movement each day. The broadcasts also help students learn about the importance of physical activity and other health topics to boost long-term well-being.

NFL PLAY 60 App

The NFL PLAY 60 app offers users exciting opportunities to get active! The free app allows users to choose their favorite NFL team and create their own personalized avatar. Users can create custom workouts and play games by controlling their avatars onscreen with their own physical movement. Get moving to earn special PLAY points and unlock cool NFL gear for your PLAY 60 avatar!

NFL PLAY 60 Exercise Library

Kids can get moving alongside their favorite NFL teams, players, cheerleaders, mascots, and more through the NFL PLAY 60 Digital Playlist. Each video showcases a different exercise – choose your favorite videos and build your own custom workout!

Visit heart.org/NFLPLAY60 to learn more and utilize all of these great resources.