

IT'S A FACT.

Research from the NFL PLAY 60 FitnessGram Project proves that students who participate in school-based fitness initiatives like NFL PLAY 60 have:

- Improved cardio fitness
- Healthier body weight
- Higher academic achievement

✕ **We will provide 10 schools with:**

- FitnessGram Software (valued at \$549/school)
- FitnessGram Resource Pack (valued at \$140/school)
- Fuel Up to Play 60 "Play-in-a-Box" (valued at \$1,000)
- NFL PLAY 60 app through American Heart Association
- NFL FLAG kit for in-school physical activities
- EVERFI Character Playbook and The Compassion Project

o **Benefits:**

- **Improved Health Outcomes** - Students who participate in NFL PLAY 60 show annual improvements in cardio fitness and healthier body weight.
- **Consolidated partnerships** - We collaborate with the National Dairy Council, American Heart Association, EVERFI, and USA Football to develop well-rounded programs that improve student health through fitness and nutrition education.
- **Resources** - Each chosen school receives no-cost resources worth over \$2000.

Get Active. Get Healthy.

Follow us online and learn more about the NFL PLAY 60 FitnessGram Project at FitnessGram.net/NFLPLAY60

