

# TFK Extra!

A SUPPLEMENT TO TIME FOR KIDS

You Could **WIN**  
a Chance to Take an  
NFL Player to School



## Play 60 CHALLENGE

7 WAYS TO PLAY 60 TODAY

INSIDE: GRAB YOUR "GO GAME PLANNER"

# GET READY FOR THE CHALLENGE

The National Football League and the American Heart Association have teamed up to create the **NFL PLAY 60 Challenge**. For the next four weeks, this action-packed program challenges you to get active for 60 minutes every day—30 minutes in school and 30 minutes after school.

Your teacher will help you get the minutes at school and at home, but you should look for additional ways to keep moving on your own.

What should you do? It doesn't matter how you move, as long as you're active. Try walking the dog, tossing a football with friends or taking a bike ride before starting your homework.

**Just remember: Getting physically active should be fun!**

USE THE PLAY IDEAS AND TRACKER IN THIS GUIDE TO MAKE THE MOST OF THE CHALLENGE. FOR MORE ACTIVITIES AND INFO, GO TO [NFLRUSH.com/play60](http://NFLRUSH.com/play60)



## GET IN THE GAME!

Before you jump into all the action of the **NFL PLAY 60 Challenge**, take a look at the tips below. Unscramble the mixed-up letters in each sentence so that it makes sense. The first letters of the new words you make will spell out the answer to our riddle.

- **WRMA** up before you begin a workout. For example, if you're going to be running, start with walking. Walking fast and then jogging will get your blood pumping.
- Water is your buddy—remember that being physically **CTIVEA** increases your body's need to stay hydrated. Try to drink eight cups of water every day to maximize your performance.
- Stay interested by mixing it up—**RTY** a lot of different activities to keep from getting bored.
- Stretch at the **DEN** of your workout to reduce the chance of injury and keep your muscles flexible.
- **UORND** up some pals—you might have more fun if a friend is there to join in.

**RIDDLE:** What did the kid say to his friend who never swam in the town pool?

**ANSWER:** \_\_\_\_\_ you thinking?

## TOP 5 WAYS PLAY CAN CHANGE YOUR DAY

Moving until you breathe hard or sweat more can have all sorts of positive effects on your life. Here are five changes you might see right away.

- 1 → **SLEEP TIGHT** Getting active every day can help you sleep better at night.
- 2 → **REMAKE YOUR MOOD** Physical activity can improve your mood and give you an extra energy boost during the day.
- 3 → **BUILD YOUR BRAIN** Twenty minutes of physical activity before starting your homework can help you unwind and improve your concentration.
- 4 → **BOND WITH BUDDIES** Playing with other kids is a great way to form new friendships.
- 5 → **STRETCH YOUR TALENT** Make stretching part of your pre- and post-play routine. It can help improve your sense of balance—and that can enhance coordination and athletic performance.

By being active for 30 minutes in school and 30 minutes at home every day, you'll be heading to a healthier life. Not only will you look and feel better now, but you can reduce your risk of developing future health problems that could really slow you down.

# Jevon Kearse's PLAYBOOK



Go from 0 to 60 minutes with these 10 fun, fast physical activity ideas from Jevon Kearse, defensive end for the Tennessee Titans. Try out Jevon's ideas—or dream up your own—and start playing TODAY!

## INVENT-A-SPORT

Combine favorite activities to make a nutty new game like Hula-Hoop Golf or Jump-Rope Soccer.

## FAMILY FIELD DAY

Head to the park with the family to play kickball, tag or catch.

## COMMERCIAL BREAK

While watching TV, do quick sit-ups, push-ups or jumping jacks.

## WHEELY FUN

Do as many cartwheels or somersaults in a row as you can.

## CREATURE CREATOR

Invent a wild, new animal and then walk like it.

## "WATER" YOU THINKING

Pretend to swim on the ground.

## HAVE A BALL

Squeeze a tennis ball 50 times a day

**EXTEND THE CHALLENGE**

**Congratulations on taking the NFL PLAY 60 Challenge. Don't stop now!**

**Go to NFLRUSH.com/play60 for more Game Planners and to track your progress all year. The site also has exciting ways to stay involved with the NFL, including fun games and physical activities.**

# GO GAME PLANNER

Track your Challenge progress right here over the next four weeks.

Write down examples of your activities, add up your total minutes—and stay focused on your goals. You don't have to get your 60 minutes all at once. Five minutes here, 15 minutes there—it all adds up!

WEEK #1

<b>MON</b> Activity Example:	<b>TUES</b>	<b>WED</b>	<b>THURS</b>
Total Activity Minutes:			
<b>FRI</b>	<b>SAT/SUN</b>	<b>WEEK TOTAL</b> Total Minutes for the Week:	
Favorite Activity:			

WEEK #2

<b>MON</b> Activity Example:	<b>TUES</b>	<b>WED</b>	<b>THURS</b>
Total Activity Minutes:			
<b>FRI</b>	<b>SAT/SUN</b>	<b>WEEK TOTAL</b> Total Minutes for the Week:	
Favorite Activity:			

WEEK #3

<b>MON</b> Activity Example:	<b>TUES</b>	<b>WED</b>	<b>THURS</b>
Total Activity Minutes:			
<b>FRI</b>	<b>SAT/SUN</b>	<b>WEEK TOTAL</b> Total Minutes for the Week:	
Favorite Activity:			

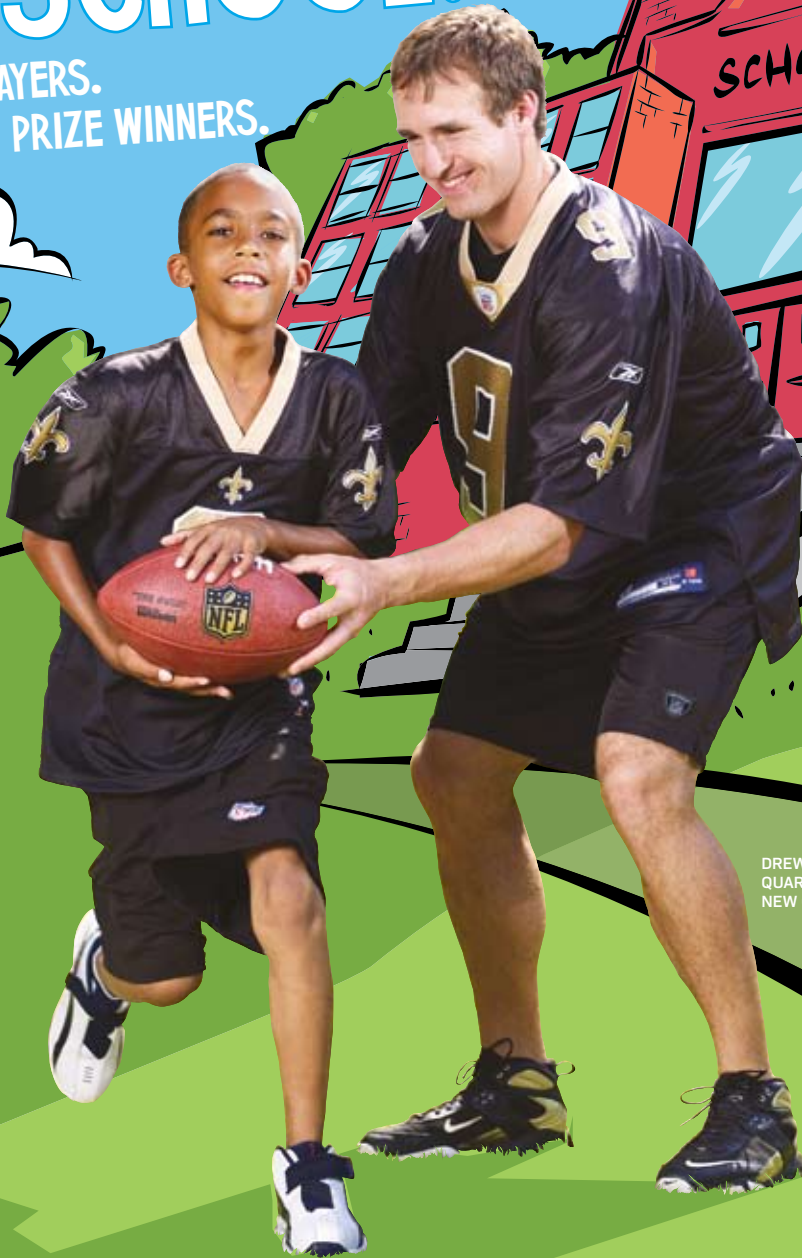
WEEK #4

<b>MON</b> Activity Example:	<b>TUES</b>	<b>WED</b>	<b>THURS</b>
Total Activity Minutes:			
<b>FRI</b>	<b>SAT/SUN</b>	<b>WEEK TOTAL</b> Total Minutes for the Week:	
Favorite Activity:			

<b>TOTAL CHALLENGE TIME:</b>
<b>TOP THREE FAVORITE CHALLENGE ACTIVITIES:</b>

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