

QUARTERBACK | JOSH ALLEN

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JOSH
ALLEN

QUARTERBACK • 17

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JOSH ALLEN

HEIGHT: 6'5" WEIGHT: 237 LBS EXPERIENCE: 6 YEARS COLLEGE: WYOMING

FAVORITE OFF-FIELD HOBBY: **GOLF**

FAVORITE FRUIT OR VEGETABLE: **CANTALOUPE**



JOSH'S FITNESS FOR KIDS TIP:
PLAY DIFFERENT SPORTS. PLAYING
MULTIPLE SPORTS HELPS YOU STAY IN
SHAPE YEAR-ROUND AND DEVELOP YOUR
BODY IN NEW WAYS!



American
Heart
Association



PLAY:60

Independent
Health
FOUNDATION

LINEBACKER | MATT MILANO



Matt Milano



MATT MILANO

LINEBACKER • 58

LINEBACKER | MATT MILANO

LINEBACKER | MATT MILANO



MATT MILANO

HEIGHT: 6'0" WEIGHT: 223 LBS EXPERIENCE: 7 YEARS COLLEGE: BOSTON COLLEGE

FAVORITE OFF-FIELD HOBBY: **FISHING**

FAVORITE FRUIT OR VEGETABLE: **PAPAYA**

MATT'S FITNESS FOR KIDS TIP:

REMEMBER TO GET AT LEAST 60 MINUTES OF
PHYSICAL ACTIVITY EACH DAY. PHYSICAL ACTIVITY
CAN HELP IMPROVE YOUR MOOD AND GIVE YOU AN
EXTRA BOOST THROUGHOUT THE DAY.



American
Heart
Association



PLAY:60



CORNERBACK | KAIR ELAM



Kair



**KAIR
ELAM**

CORNERBACK • 24

CORNERBACK | KAIR ELAM

CORNERBACK | KAIR ELAM



KAIRI

FLANNERY

HEIGHT: 6'1" WEIGHT: 191 LBS EXPERIENCE: 2 YEARS COLLEGE: FLORIDA

FAVORITE OFF-FIELD HOBBY: COMMUNITY SERVICE

FAVORITE FRUIT OR VEGETABLE: MANGO



KAIRI'S FITNESS FOR KIDS TIP:

**ALWAYS REMEMBER TO STRENGTHEN YOUR
CORE WHEN WORKING OUT. IT IS ONE OF
YOUR MOST IMPORTANT MUSCLES!**



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PLAY:60

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Health
FOUNDATION

TIGHT END | DALTON KINCAID



DALTON
KINCAID

TIGHT END • 86

TIGHT END | DALTON KINCAID

TIGHT END | DALTON KINCAID



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DALTON KINCAID

HEIGHT: 6'4" WEIGHT: 240 LBS EXPERIENCE: ROOKIE COLLEGE: UTAH

FAVORITE OFF-FIELD HOBBY: GOLF

FAVORITE FRUIT OR VEGETABLE: WATERMELON



DALTON'S FITNESS FOR KIDS TIP:
TO HELP LIMIT YOUR AMOUNT OF SCREEN
TIME, PUT YOUR PHONE AWAY 30 MINUTES
BEFORE YOU PLAN TO GO TO BED!



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Heart
Association



PLAY:60

Independent
Health
FOUNDATION