

QUARTERBACK · 17

OUARTERBACK | JOSH ALLEN









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

FAVORITE OFF-FIELD HOBBY: GOLF FAVORITE FRUIT OR VEGETABLE: CANTALOUPE

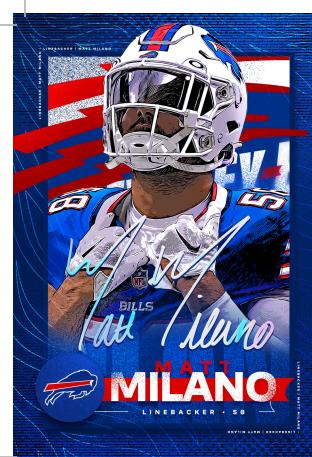


JOSH'S FITNESS FOR KIDS TIP: PLAY DIFFERENT SPORTS, PLAYING MULTIPLE SPORTS HELPS YOU STAY IN SHAPE YEAR-ROUND AND DEVELOP YOUR **BODY IN NEW WAYS!**

















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 **ACTIVITY EACH DAY. PHYSICAL ACTIVITY** CAN HELP IMPROVE YOUR MOOD AND GIVE YOU AN EXTRA BOOST THROUGHOUT THE DAY.









CORNERBACK | KAIIR BLAM









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

FAVORITE OFF-FIELD HOBBY: COMMUNITY SERVICE FAVORITE FRUIT OR VEGETABLE: MANGO



KAIIR'S FITNESS FOR KIDS TIP: ALWAYS REMEMBER TO STRENGTHEN YOUR CORE WHEN WORKING OUT, IT IS ONE OF YOUR MOST IMPORTANT MUSCLES!









BILLS



TIGHT END . 86

TIGHT END | DALTON KINGAID





MALTON

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!





