

Jump 5 times.

Jump 3 times.

Do 5 squats.

Do 3 squats.

Clap hands 10  
times.

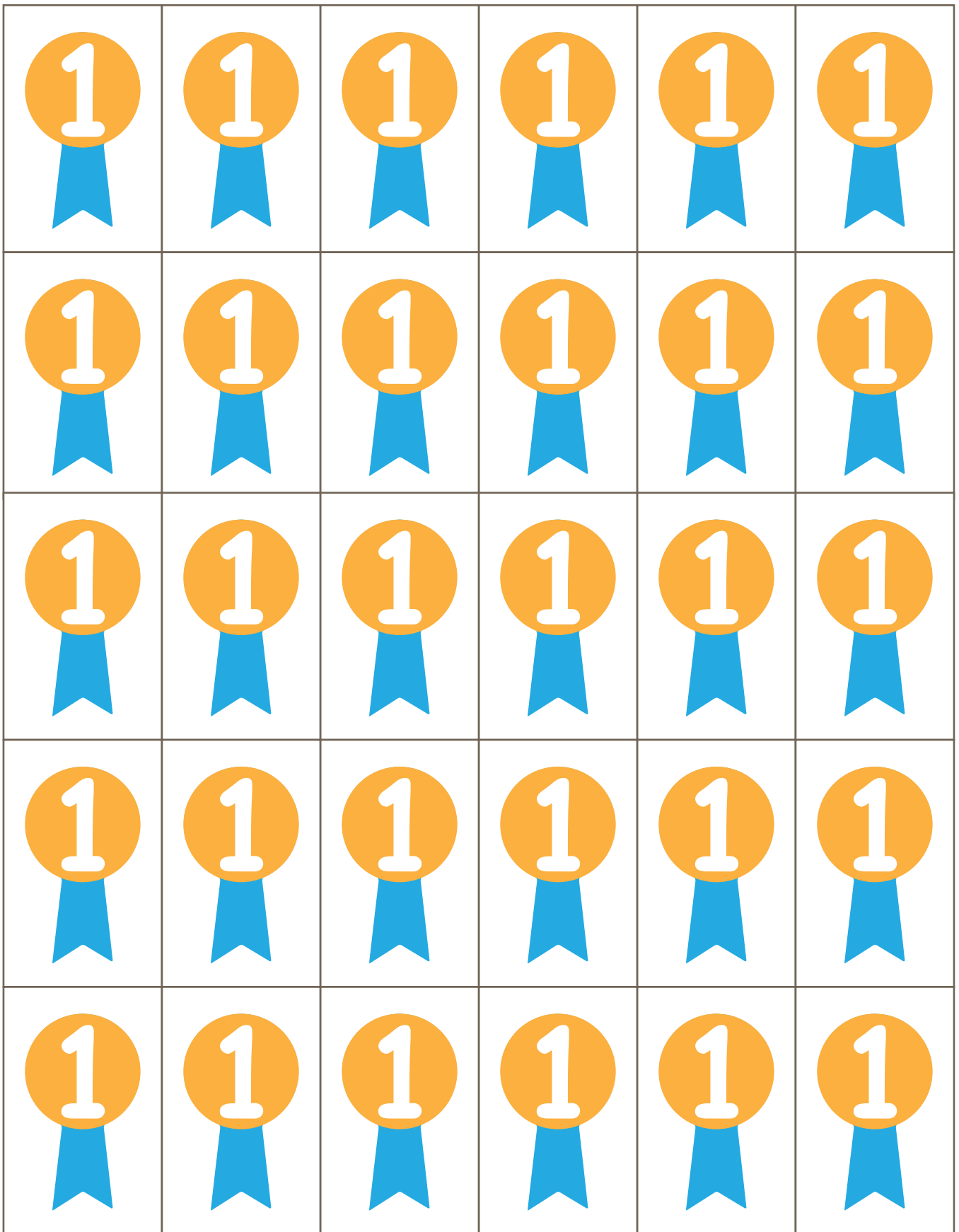
Clap hands 5  
times.

Lift weights  
3 times.

Lift weights  
5 times.

Stand on one  
foot for 5  
seconds.

Do 3 push-ups.

## HOW TO PLAY LET'S GET FIT BOARD GAME:

Print all the game pieces (use the blank activity cards to add your own exercises that best suit your physical level). You will also need play figures and a dice.

Players start at the start field. They take turns throwing the dice and moving their figures around the track and when they land on the field with the medal they take an activity card and do what is asked from them. When they finish the exercise they are awarded a medal. The game lasts until a player gets a certain number of medals (can be 5, 10, 20... you decide the number).

The rules are flexible - you can come up with your own, can decide what happens if two figures land on the same space, with how many dice(s) the game is played... It's all about having active fun!