

# WELCOME TO FITNESSLAND!

|   |   |   |   |  |   |
|---|---|---|---|--|---|
| <b>Start</b>  | 1<br>Do 30 Jumping Jacks<br><br>Cardiovascular                    | 2<br>Do 10 push-ups<br><br>Arm strength   | 3<br>Arm Bump 6 people near you<br><br>Cooperation                              | 4<br>Do 10 squats<br><br>Leg strength  | 5<br>Oh! Sorry, but sugar has slowed you down.<br>Go back 2 spots.                            |
| 11<br>Twist from left to right 20 times.<br><br>Flexibility               | 10<br>Jump up and down 30 times.<br><br>Cardiovascular            | 9<br>Stretch your hamstrings for 20 seconds. Keep legs straight and touch your toes.<br><br>Flexibility | 8<br>Mountain Pose for 30 seconds.<br><br>Flexibility, relaxation               | 7<br>Run in place as fast you can for 30 seconds.<br><br>Speed, cardiovascular | 6<br>Tell a classmate next to you, your 3 favorite fruits and 3 food groups.<br><br>Nutrition |
| 12<br>Do 10 froggies<br><br>Cardiovascular                                | 13<br>Do side to side stretches for 20 seconds<br><br>Flexibility | 14<br>Do high knees for 20 seconds<br><br>Cardiovascular  | 15<br>Triangle pose for 20 seconds<br><br>Flexibility, relaxation               | 16<br>Give a compliment to a classmate next to you<br>Social awareness         | 17<br>Oh, no! Not enough exercising has made you weak.<br>Go back 2 spots.                    |
| 23<br>Warriors pose for 30 seconds.<br><br>Flexibility, relaxation        | 22<br>Do Superman for 30 seconds<br><br>Flexibility               | 21<br>Sing your favorite song for 30 seconds, to a classmate near you.<br><br>Cardiovascular            | 20<br>Do 10 lunges<br><br>Leg strength  | 19<br>Do 20 crunches<br><br>Abdominal strength                                 | 18<br>Balance on toes, with one foot, one hand on head, and one hand on nose for 30 seconds.  |
| 24<br>You skipped your breakfast and have no energy.<br>Go back 3 spots.  | 25<br>Do 10 burpees.<br><br>Cardiovascular                        | 26<br>Smile, showing your teeth 15 times to a classmate next to you.<br><br>Cardiovascular              | 27<br>Do 10 Power (Squat) Jumps<br><br>Leg Strength                             | 28<br>Mouse pose for 30 seconds<br><br>Flexibility, relaxation                 | 29<br>Do bicycle kicks for 30 seconds<br><br>Cardiovascular                                   |
| 35<br>Reverse triangle pose for 20 seconds<br><br>Flexibility, relaxation | 34<br>Dance, moving arms and legs for 30 seconds.<br><br>Aerobic  | 33<br>Thumb wrestle with a classmate next to you for 30 seconds<br>Reaction time                        | 32<br>Do 30 mountain climbers<br><br>Cardiovascular                             | 31<br>Crisscross stretches for 20 seconds<br><br>Flexibility                   | 30<br>Sit on floor with arms crossed, and get up and down 10 times<br><br>Balance             |
| 36<br>Do planks for 30 seconds<br><br>Abdominal strength                  | 37<br>Do 30 ski Jumps<br><br>Cardiovascular                       | 38<br>Butterfly stretch for 30 seconds<br><br>Flexibility   | 39<br>You didn't take your vitamins and now you're tired. Take a 30 second nap. | 40<br>Robot Dance for 30 seconds<br><br>Flexibility                            | <b>Finish!</b>  |

**How this game works:** You need one die, 1-3 friends to play against, and one small object (a bean, coin, piece of paper) to mark your position. Roll the die and move your piece according to the number of dots you got. Do the challenge in the box you landed on. Take turns with your friend. The player that gets to the FINISH! box first WINS!