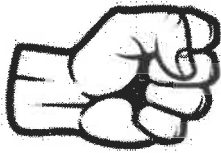


Rock, Paper, Scissors Fitness

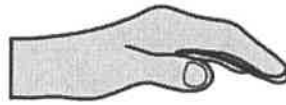
Directions: Play Rock, Paper, Scissors with a partner. Look at the symbols below and match your combination to the exercise. Perform each exercise 10 times and play again.

Create your own exercises for the next game



Rock

beats Scissors



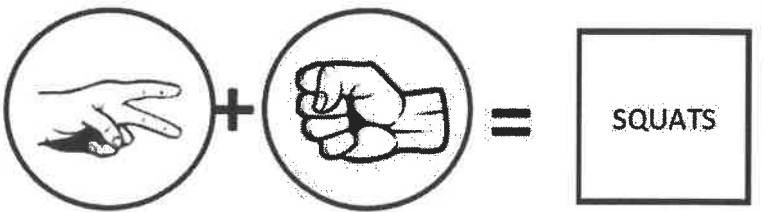
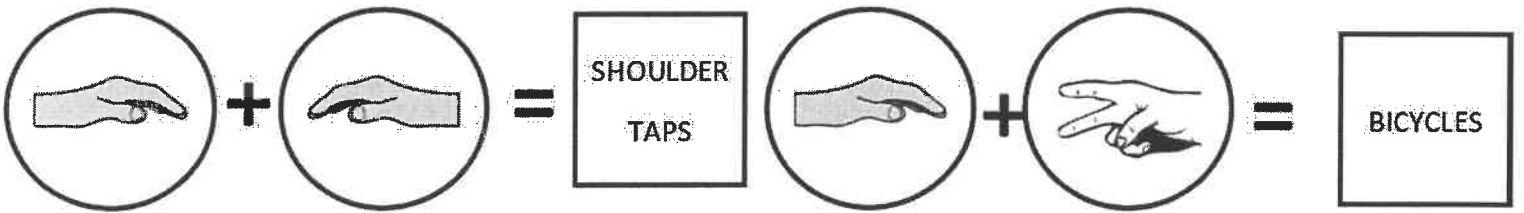
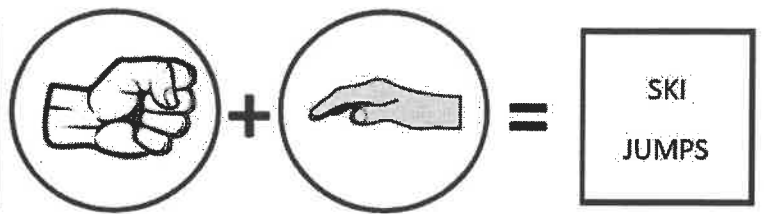
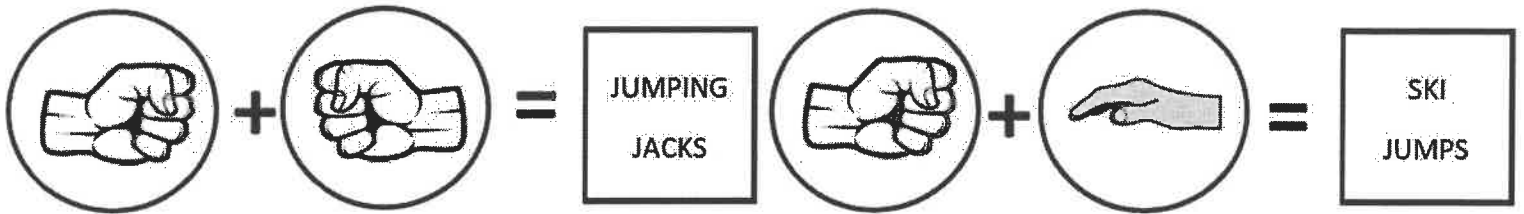
Paper

beats Rock



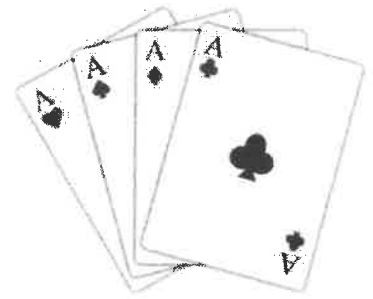
Scissors

beats Paper





Playing Card Fitness



Directions: Place a deck of playing cards on a table or the floor. Make sure you enough space to perform exercises safely. You can play individually , with a partner, or as a family. Take one card at a time and perform the exercise the number of times on the card. (Example: 4 of hearts, perform exercise 4 times.) All face cards count as 10, Ace is Wild Cards and you may choose your exercise and how many times to perform.

Here are some examples:



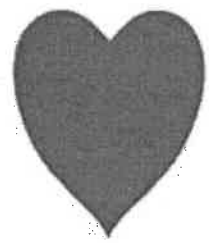
Jumping Jacks



Ski Jumps



Push-ups



Squats

Elbow Plank Up/Down

Jog in Place

Curl-Ups

Squat Jumps

Hop on 1 Foot

Invisible Jump Rope

Side Plank

Tree Pose