

Finish	Long Jump! Stand up, take the longest forward jump you can, and then move ahead one extra space!		<h1>Keep It Moving!</h1> <p><i>Created by Andrea Thorpe www.embracinghim.com</i></p>
Do eight sit ups.	Jump from side to side as you count to 30.	Oh no! You're out of breath! Lose a turn.	Head, shoulders, knees, toes: nine times.
	Do seven push ups.	Rules for play 1) Roll the die. 2) Move the number of spaces on the die. 3) When you land on a space with written directions, follow them. 4) Play until someone reaches the Finish box. Continue play to see who will finish second, third, etc.	Super Skip Move Ahead
Your laces are untied! Go back to Start.			
Crab walk AND sing Alphabet Song.	Count to 30 while you run in place.	You had a great warm up! Move ahead 3.	
	Oh no! You stopped to watch TV. Go back.	Warm up by doing 10 jumping jacks.	
You're full of energy! Take another turn.		Balance on one leg for 15 seconds.	Start

The Exercise Game

Play & Then create your OWN!!

Play the exercise board game on this page on your own or with a family member! Can you keep up with the exercises and win?

Once you have played, we're challenging you to **CREATE YOUR OWN**. How hard can you make it? What levels or add ons can you think of that would make the game more active!! Or more challenging!?

Why not use ideas of games you have played at home yourself, or could you add chance cards or bonus activities?!

Once you have created your **NEW WORKOUT** game, have a go at playing with a family member. What did they think of it?