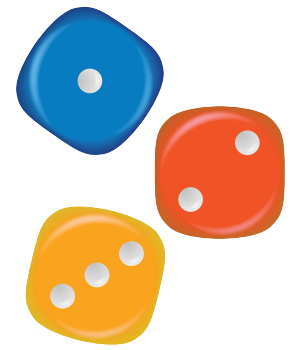


# ROLL INTO FITNESS

## GAME GUIDE



### Materials:

Dice (one per player)

### Setup:

Print and distribute the activity cards to each player. Some players may have the same card.

### Solo Play:

Select an activity card and roll the dice. Match the number on the dice to the fitness movement listed on the card, then perform that movement for 30 seconds. Once each number has been rolled, pick a new activity card and continue playing.

### Group Play (two or more players):

Players take turns rolling a dice. After each roll, the player should match the number on the dice to the fitness movement listed on their card, then perform that movement for 30 seconds. Play five rounds, then switch activity cards with your partner or another player in the group, and play another five rounds.

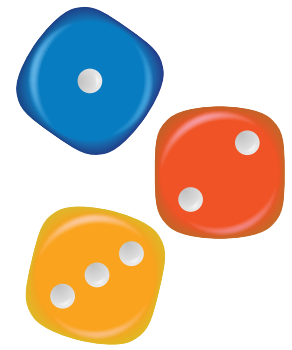
### Double Dice (two or more players):

Players take turns rolling both dice. After each roll, the player should match the numbers on the dice to the fitness movements listed on their card, then perform both movements for 30 seconds each. If a player rolls doubles, their partner or another player of their choosing must perform the fitness movement. Play five rounds, then switch activity cards with your partner or another player in your group, and play another five rounds.



# ROLL INTO FITNESS

## VIDEO REFERENCE SHEET



**Instructions:** Click a fitness movement below to view a short demo video of how to perform the movement.

Air Drumming	Calf Raises	Ice Skaters	Push Ups	Speed Hand Walks
Air Jump Rope	Crab Toe Touch	Inch Worms	Seal Jacks	Spider Lunges
Air Punches	Duck Walk	Kickouts	Seated Heel Drops	Squat Jumps
Bridge Pose	Flamingo Stretch	Mountain Climbers	Shoulder Taps	Twists
Butt Kickers	High Plank	Plank High 5's	Seated Flutter Kicks	Side Lunges



**FIT KIDS**<sup>®</sup>

[www.fitkids.org](http://www.fitkids.org)



[@fitkidsfoundation](https://www.facebook.com/fitkidsfoundation)

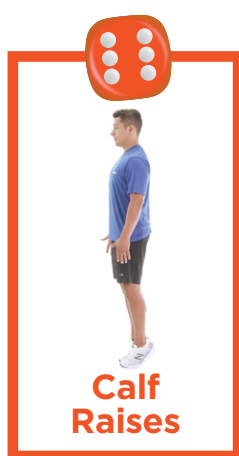


[@fitkidsfoundation](https://www.instagram.com/fitkidsfoundation)

# ROLL INTO FITNESS

## ACTIVITY CARD

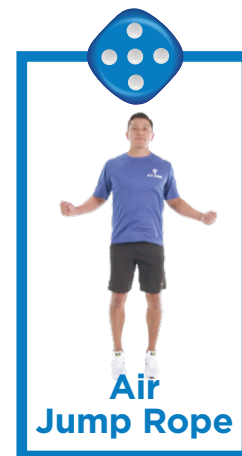
**Instructions:** Roll a dice to determine which fitness movement to perform for 30 seconds. Click a fitness movement below to view a short demo video of how to perform the movement.



# ROLL INTO FITNESS

## ACTIVITY CARD

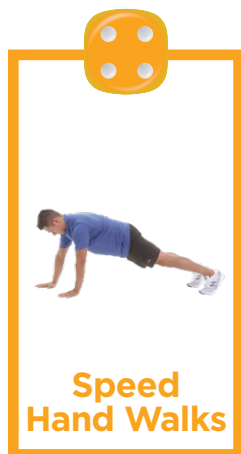
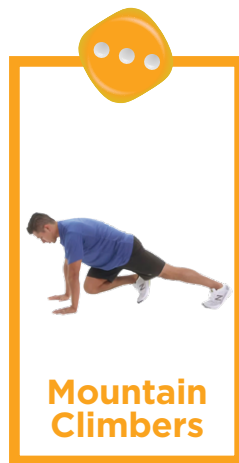
**Instructions:** Roll a dice to determine which fitness movement to perform for 30 seconds. Click a fitness movement below to view a short demo video of how to perform the movement.



# ROLL INTO FITNESS

## ACTIVITY CARD

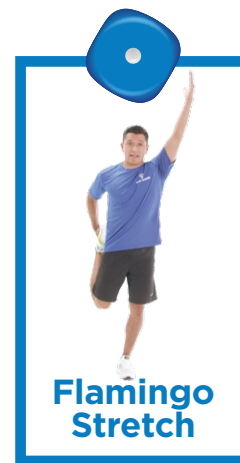
**Instructions:** Roll a dice to determine which fitness movement to perform for 30 seconds. Click a fitness movement below to view a short demo video of how to perform the movement



# ROLL INTO FITNESS

## ACTIVITY CARD

**Instructions:** Roll a dice to determine which fitness movement to perform for 30 seconds. Click a fitness movement below to view a short demo video of how to perform the movement

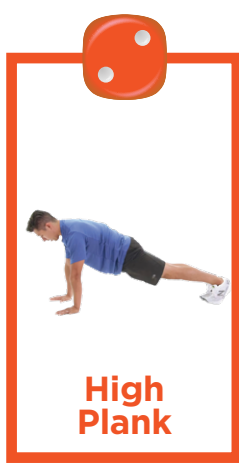




# ROLL INTO FITNESS

## ACTIVITY CARD

**Instructions:** Roll a dice to determine which fitness movement to perform for 30 seconds. Click a fitness movement below to view a short demo video of how to perform the movement



# ROLL INTO FITNESS

## ACTIVITY CARD

**Instructions:** Roll a dice to determine which fitness movement to perform for 30 seconds. Click a fitness movement below to view a short demo video of how to perform the movement

