

## Ready to be Active? Play the Fitness Activity Dice Game

This is a fun way to engage the entire family in some physical activity!

### What you need to have on hand:

1. 2 large blank dice or cubes (make your own or purchase at a craft store)
2. Markers to list the activities and numbers on the sides of the dice or cubes.

### Directions:

1. Use the marker to label each square of one die with the following numbers: 3, 5, 7, 10, 12, and 15.
2. Use the marker to label each square of the other die **with any 6** of the following exercises:
  - a. Jumping jacks  
– Alternative exercise: non-jumping jacks
  - b. Standing crossover crunch
  - c. Run/walk in place  
– add a zero to the die number to get the time to run/walk\
  - b. Circle arms backwards
  - d. Push-ups (on the floor or against a wall)
  - e. Lunges, alternating legs
  - f. Hop on one foot  
– Alternative exercise: balance on one foot
  - g. Toe touches (stand up and bend down to touch your toes)
  - h. Squat and reach  
– Alternative exercise: timed wall squat
  - i. Jumps to the sky  
– Alternative exercise: 30 second stretch
  - j. Chair Planks x 5  
– multiple the die roll x 5 to establish the number of seconds  
– Example: die roll = 7, so person would hold the plank for 35 seconds (7x5)
  - k. Side bends
3. Have person roll both dice. When the dice land face up, one die will show an exercise and the other die will show a number. The person should try to do that exercise the number of times designated by the dice. If you are unable to do the exercise, feel free to roll the dice again or modify the exercise so you can do it comfortably without risk of injury.

**\*\*\*\* REMEMBER: Consult with your doctor before beginning any exercise program. \*\*\*\***