

## **Fitness Bingo Rules**

Families work in teams (if only kids, they work in groups of two or three).

1. Place individual Fitness Bingo cards face down in the center of the fitness area.
2. Each group leader picks up a Fitness Bingo card.
3. Each Fitness Bingo Card is different, so teams will only complete workouts they mark out on their cards.
4. Walking in place is recommended while the game is in session.
5. The group marks their Bingo cards when the activity is complete, and then listens for next activity.
6. The game is finished when a group yells out “BINGO”. Background music is great at building on the participants’ energy.

## **Fitness Monopoly Rules**

Families are teams. If there are only kids, divide the kids into groups of three or more. Each member is directed to a different game piece on the wall/floor. That is where they must start. Examples of squares are: one-minute wall sit, 25 push-ups, 50 step-ups, 30 tucks...

1. When the game begins, each group performs the task in their activity square. After completing the activity, each member will run to the center of the fitness area. The dice are located here and it's a good idea if someone monitors the rolls and accuracy of the next move on the Monopoly board. The group can only roll when all the members are present in the middle of the fitness area.
2. After the group rolls, each individual will run in a clockwise direction to their next square and the whole process starts over again.
3. The object of the game is for each group to get around the board as far as they can so they can pass Go and Collect \$100. The group with the most money at the end of the game (usually after 15 to 20 minutes) wins. It is suggested that the lead presenter issues the \$100 each time the group passes GO.

**To get out of JAIL, the requirements should be fun and creative. For example: (Sing your favorite song/ nursery rhyme for 30 seconds while hopping on one foot, do your favorite dance for 20 seconds)**