

## Play your way to Sweat

### Directions:

Each space on the game board is a different workout move with different reps. Roll a die in order to move the correct amount of spaces around the board and do the given move.

Each space is assigned a given point value, when the move is done in the expected time point are awarded

Spaces that are starred have a card with a question on them about what muscle groups are worked, if answered correctly, additional points will be given or taken away based on what space it is (red or other color).

A red space is a point deduction as well as answering a question on a chronic illness. If answered correctly, points will be awarded.

The person who finishes with the most points wins the game. Game board can be repeated as many times as necessary to get in a good workout/sweat- no equipment necessary!