



PURPOSE //////////////////////////////////////

- To get your body moving
- Help families have fun while exercising
- To ground yourself in the moment

INSTRUCTIONS //////////////////////////////////////

Materials

- Deck of cards
- Suit/Exercise Template
- Pen or pencil

Assembly

1. Use the template to assign an exercise to each suit in the deck of cards
2. Divide players into teams, one on each side of the room
3. Put the deck of cards face down in the middle of the room

Application

- When the game starts, everyone runs to the middle, grabs a card, and completes the related fitness activity that matches the suit and number on the card
 - Example: If hearts = jumping jacks, an 8 of hearts = 8 jumping jacks, a 2 of hearts = 2 jumping jacks
- When complete, leave the card on your team's side and get a new card until there are no cards left
- The side with the most cards wins, and gets to reassign new exercises to each suit for the next round of the game

Face cards are worth 10, aces are worth 15

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



@ErikasLH



erikas.lighthouse



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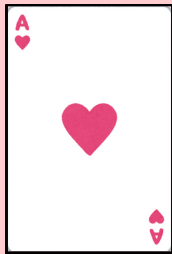
CARDS AGAINST INACTIVITY



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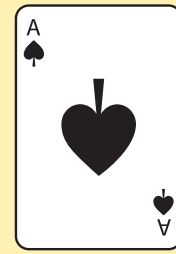
If you pull a heart, you have to ...

do a jumping jack



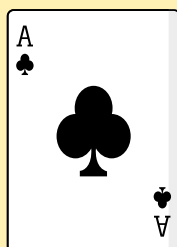
If you pull a spade, you have to ...

do a squat



If you pull a club, you have to ...

do a push up



If you pull a diamond, you have to ...

do a lunge (one on each leg)

