



FITOPOLY

Directions

1. On the next slide, DO NOT CLICK PRESENT!
This will allow you to choose a game piece AND
move it around the gameboard by dragging it!











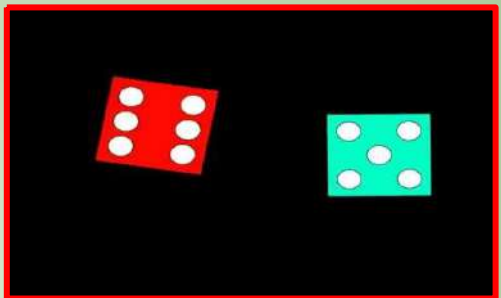





















1. Start at Go!

1. Roll two dice. You can use real dice, create your own to roll,
pick numbers out of a hat, or use the dice video.

1. Complete the activity that you land on.

1. When you pass GO, you earn a point. First to 3 points WINS!



Roll Again		Squats Avenue  10	WATER WORKS  Take a Water break	Jumping Jacks Avenue  20	Balance Railroad  Balance on 1 foot for 15 secs. Switch feet.	Lunges Avenue  10	Side Shuffles Avenue  10	Windmill Gardens  20	 Go to the Gym
20 	Mountain Climber Avenue								Cobra Avenue  10
10 	Push-Up Avenue								Bird Dogs Avenue  10
Wellness Chest 10 Deep Breaths 									Wellness Chest 10 Deep Breaths 
Power Punch 30 Complete Alternating Punches 	Power Punch Railroad								Stretch Railroad  Stretch Your Muscles for 30 secs
20 	Flutter Kick Avenue								Dead Bug Avenue  10
10 	Bridge March Avenue								Sit-Up Avenue  10
20 	Elbow To Knee Avenue								Reverse Plank Place  30 sec hold
The GYM 	Side Lunge Avenue  10	Side Plank Dips Avenue  10 Each side	Arm Circles Avenue  20	Running Railroad  Jog in Place 30 secs	Heel Toe Slide Avenue  20	WATER WORKS  Take a Water break	Calf Raises Avenue  10	Collect One Point As You Pass 