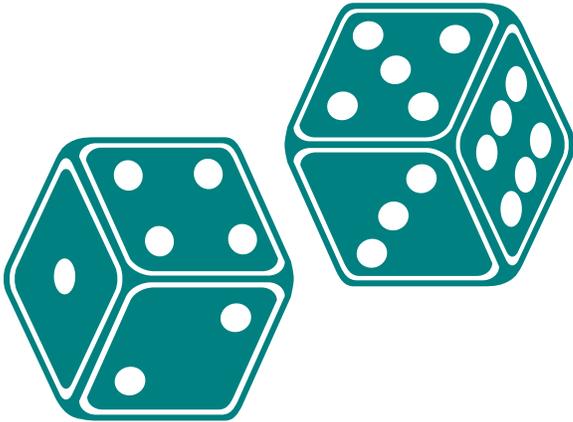




commit to be fit

Student Wellness Activities

ROLL THE DICE!



Try this fun, fitness dice game!

How to Play: Grab a pair of dice and determine which one will be for exercise and which one will be used for time. After a brief warm-up (like marching in place), roll the dice to see which exercise you will do and for how long. See the exercise key and time key below. After completing the exercise, roll the dice again. Repeat for as many rounds as you like. Be sure to stretch afterwards.

Exercises

- 1= Jumping Jacks
- 2= Push-ups
- 3= Squats
- 4= High Knees
- 5= Plank
- 6= Dancing

Ex. Roll a 2 and do push-ups

Time

- 1= 10 seconds
- 2= 20 seconds
- 3= 30 seconds
- 4= 40 seconds
- 5= 50 seconds
- 6= 60 seconds

Ex. Roll a 3 and complete the exercise for 30 seconds

Be sure to mark your scorecard by coloring in one rung on the ladder.