

## Life-Sized Fitness Box

### How to play:

1. Each player takes a turn rolling the Life-Sized Box.
2. Whichever side it lands on, the entire group does that exercise for the designated period of time or number of times (reps) indicated for that exercise.
3. Play until all the exercises have been completed.

### How to make a Life-Sized Fitness Box:

1. Find one (1) Box any size; tape it closed.
2. Cover the outside of the box with paper or paint each side.



### How to make the Fitness Activities:

1. Choose the images you want to use and cut them out (or draw them yourself).
2. Glue or tape them on the box.
3. Write the name of the exercise that matches the picture.
4. Write how many times or for how long for each exercise.
5. Cover them with clear packing tape or clear contact paper (makes it durable).

