

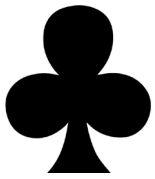
# Family Fitness GAME

Keep active and stay well while social isolating!  
Share your photos on our Instagram Page (@nanaimoparksandrecreation) with the hashtags  
#ilovemyparksandrec and #isolationrecreation



#### SUPPLIES:

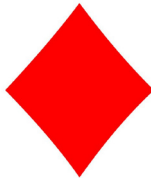
- a deck of cards
- white board or paper
- pen, pencil or white board marker



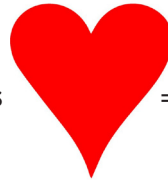
= Push Ups



= Sit Ups



= Jumping Jacks



= Squats



= give 20 reps  
of an exercise  
of your choice

Once the exercises are decided (suggestions above), write them down on a white board or piece of paper.

Taken from the classic card game "War", each player gets dealt a share of the deck of cards.

Going against each other, pull the back side of your first card and reveal what you have. Whoever has the higher card wins, and the opposite player has to do the number of each particular exercise from the winner's card. (For example, if the winner has an 8 of Clubs, the loser would have to do 8 push ups.)

If you have the same card, you can swap each other's exercise or do Rock, Paper, Scissors.

Kings=13, Queens=12, Jack=11, Aces = 1

Continue until the deck of cards is complete or you have reached your desired workout.

*Please keep an eye out for different adaptations of this game that will be presented in the future.*

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