

# FITNESS UNO

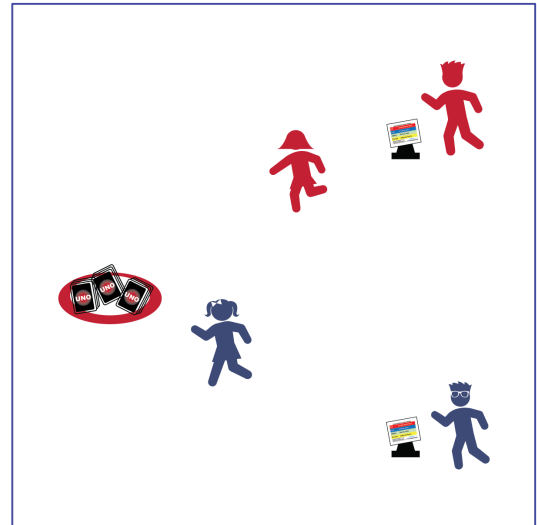
## ACTIVITY SET-UP & PROCEDURE

### Equipment:

- 1 deck of UNO Cards
- 1 hula hoop or rope
- 1 cone or spot marker per player
- 1 UNO Fitness Chart

### Set-Up:

1. Shuffle the UNO Cards and scatter them on the floor inside the hula hoop.
2. Place 1 cone or spot marker per player 10–20 meters away from the hoop.
3. Each player behind a cone or spot marker with an UNO Fitness Chart.



### Activity Procedures:

1. Today's friendly competition is Fitness Uno. We will be developing our personal fitness with family. This game is played in 2 phases.
2. During Phase 1, you will run to the hoop to grab 1 UNO card per visit. Do not look at the card when you pick it up. Place the cards face-down in a pile.
3. When you have 10 cards, it's time for Phase 2. During this phase, you will work to return all of your cards to the hoop. To do that, flip over 1 UNO card at a time and use the UNO Fitness Chart to determine which exercise to perform. The number on the card determines the number of exercise repetitions you'll complete.
4. Once you've finished an exercise set, you will return the card to the hoop. Repeat until all cards are back in the hoop.

### UNO Chart Info:

- **Red** = invisible jump rope; **blue** = jumping jacks; **green** = scissor jacks; **yellow** = stationary sprints.
- **Wild card** = free (no repetitions); **draw 2 cards** = draw 2 new cards; **reverse** = count 10 reps backwards; **skip** = free (no repetitions); **wild draw 4** = give to another player—they must draw 4.

- **Color Your Plate:** Different colored fruit and veggies have different health benefits. Be sure to have a colorful plate of fruits and vegetables at every meal. Eat a rainbow of fruits and veggies!