



2

Hop on one foot  
10 times!



1

Plank for  
15 seconds!



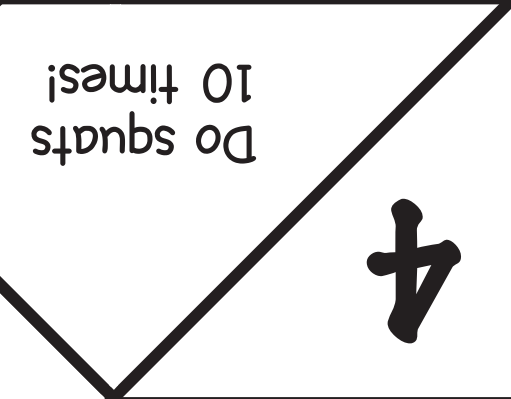
3

March in place  
15 seconds!



8

Head,  
shoulders, knees &  
toes 10 times!



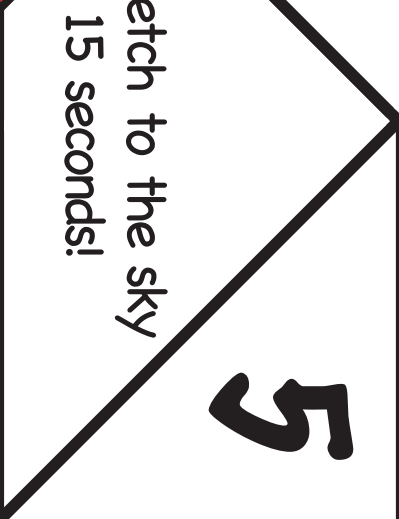
4

Do squats  
10 times!



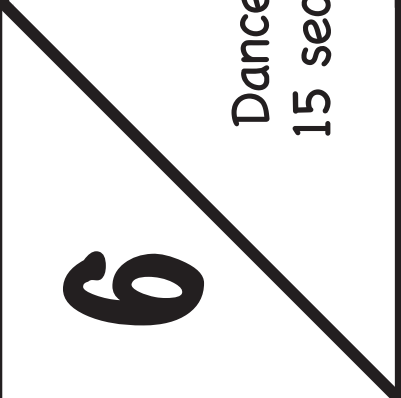
7

Do  
jumping jacks  
10 times!



5

Stretch to the sky  
15 seconds!



6

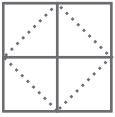
Dance for  
15 seconds!



9

Twist for  
15 seconds!

## How to fold



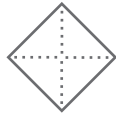
Cut the game out and place face down.



Fold all corners to the center.



You now have a square.



Turn the square over.



Fold corners to the center to make a small square.



Like this.



Crease the paper lengthwise and then widthwise.



Insert fingers



Start playing!

## How to play

Take our active challenge  
tip: Go head to head with a friend for even more fun.