

WIN THE DAY

by earning 100 activity points

Strength points



Walk up 100+ steps (5 points)	
1+ minute plank (5 points)	
10+ Push Ups (5 points)	
10+ Squats (5 points)	
10+ Sit ups (5 points)	
10+ Back Extensions (5 points)	

Cardio points



Brisk walk for 10+ minutes (5 points)	
Jog up steps 1+ minute (5 points)	
Jumping Jacks 1+ minute (5 points)	
Jump Rope 1+ minute (5 points)	
Play outside 5+ minute (5 points)	
Run in place 1+ minute (5 points)	

Flexibility points



Chest stretch 5+ minutes (5 points)	
Leg stretches 5+ minutes (5 points)	
Back stretches 5+ minutes (5 points)	
Hip stretches 5+ minutes (5 points)	
Ankle circles 5+ minutes (5 points)	
Walk barefoot 5+ minutes (5 points)	

Rest & Recovery points

Although not "active", R&R is important for your health!



Sit Quietly & focus on your natural breath (5 minutes = 5 points)	
Got 7-8 hours of restful sleep last night (YES = 5 points)	

Today's Total

Why we created this game...

This game is a fun way to include more activity and exercise into your day and to demonstrate how small things throughout the day will add up into a positive outcome.

In this game, it's earning 100 points and **WINNING THE DAY!!**

A well structure exercise program includes strength or resistance exercises, cardio or endurance, flexibility and mobility, and proper rest and recovery.

Strength



Benefits of enhancing and preserving muscle mass through resistance training:

- Develop strong bones.
- Improve metabolism with more muscle.
- Better balance and physical ability.
- Think better and challenge the brain.
- Feel and look better.

Cardio Endurance



Benefits of Cardio and Endurance Training:

- Strengthens heart, lungs, and circulatory system.
- Reduces risk of debilitating diseases such as Type II Diabetes, Heart Disease, and Stroke.
- Improves overall fitness.

Flexibility & Mobility



Benefits of maintaining full range of joint motion and flexible muscles:

- Experience fewer aches and pain.
- Reduce negative effects of arthritis.
- Enjoy a higher quality of life and movement.
- Maintain optimal posture and gait.
- Remain independent and functional.

Rest & Recovery



Benefits of Rest and Recovery:

- Proper rest leads to better weight management, hormone balance, and physical repair.
- Physical recovery of tight muscles and joints leads to an optimal quality of life.

How to WIN THE DAY... Earn points for each activity that you complete!

Earn 5 points for meeting the minimum time or repetitions per activity. If you do more reps or for a longer time, add a **+** to your total number (+ = BONUS point). At the end of each day, count up all your points and set a goal of 100+!

Have fun and try to beat your own best day

This activity game was created by livingleannow.com
Sign up for the monthly Newsletter to receive more games and challenges!

