

**SNAKES AND LADDERS FITNESS BOARD GAME**

**RULES**

Play this game exactly how you would normally play snakes and ladders, but every time you roll the dice and move you must complete the activity in the square… and you are the counter piece.

UP the ladder and DOWN the snake

Roll your dice (if you do not have a dice use an online dice - <https://freeonlinedice.com/>)

Move as many spaces forward as the number rolled e.g. roll a 3, move 3 spaces

Complete the exercise (*See below to know how many reps of an exercise to complete)*

Roll again and continue until you **‘FINISH’**

**What happens when I reach the FINISH line?**

Go back to start and repeat – you should play the game for 20-30 minutes

**How do I know how many repetitions of the activity I should complete?**

*This game can be a competition between you, your friends and/or family.*

Complete 10 reps of each activity you land on to collect 10 points every time you FINISH

Complete 12 reps of each activity you land on to collect 12 points every time you FINISH

Complete 15 reps of each activity you land on to collect 15 points every time you FINISH

(*NB: Change the amount of reps performed based upon age and ability of players) (A repetition is the amount of times you complete the exercise e.g. 1 sit = 1 rep)*

When your 20-30 minutes of fun is complete, add up how many points you have scored...

Did you win? Set the rest of the board game players a forfeit e.g.

* Washing the dishes/loading the dishwasher
* Another 2 minutes of exercise

The list can go on... be as creative as you like!

**Can I have a water break?**

If you would like a water break you have 3 water cards. You can use these at any time during the game, however, once all 3 are gone, you must continue until the end of your time allowance (20-30 minutes)

**WATER BREAK 1**

YOU HAVE 1 MINUTE TO QUENCH YOUR THIRST

**WATER BREAK 2**

YOU HAVE 30 SECONDS TO REHYDRATE

**WATER BREAK 3**

USE THIS WISELY!

90 SECONDS TO SLURP IT DOWN

