

Fitness Frenzy

Fitness Frenzy is a very fast paced game that literally keeps participants on their toes. This game challenges both the body and mind of the participants. Participants form up to four collaborative teams (two players per team) to test their knowledge and physical fitness associated with the "5 Part of Fitness" and the Fitnessgram test. Teams compete by answering questions (challenge cards) and performing physical challenges (head to head cards) to accrue points. The first team to score 50 points is the winner of Fitness Frenzy.

Materials and Setup

Your Fitness Frenzy game comes with the following items:

- 1 Game Board
- 65 Challenge Cards
- 16 Head to Head Cards
- 1 Sixty (60) Second Sand Timer
- 1 6 sided die
- 1 Pad of Paper
- 1 Pencil
- 4 Game Pieces

Place the board in the center of the persons playing the game. Shuffle the Challenge Cards and place them on the "Challenge" Card slot on the gameboard face down. Shuffle the Challenge Cards and place them face down on the "Head to Head" card slot on the gameboard. Place the four game pieces at the START line on the gameboard.

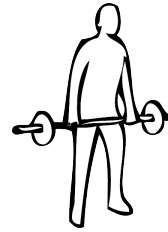
There are four teams of two required for the game. Once the teams have been decided, each team will choose a color game piece to represent them throughout the game.

Challenge Cards



Challenge cards are represented on the board with a runner (See picture to the left). These cards include questions of varying point values and difficulty. The more difficult the question, the more points earned.

Head to Head Cards



Head to Head cards are represented with a weightlifter (See picture to the left). These cards include a physical challenge of varying point values and difficulty. When a player lands on a Head to Head card spot on the board, the team will compete against another team to steal points from the challenged team.

Point Pad

Points are recorded for all four teams on one pad of paper. A pencil is supplied to record the scores of each team.

Starting The Game

1. Each team will roll the die once to determine which team will start first (Highest roll (Team #1), lowest number (Team #4)).
2. Team #1 will roll the die to move on the board. The number on the die represents the number of spaces moved on the board.
3. Once Team #1 has rolled and moved their game piece, follow the directions located on the board.

Challenge Card

- Team #2 will select the Challenge card and read it to Team #1.
- If Team #1 answers the question correctly, Team #1 will record the points earned on the point pad.
- If Team #1 does not answer the question correctly or complete the physical challenge, the card is placed at the bottom of the deck face up.

Head to Head Card

"Head to Head" cards allow an opponent to steal a predetermined number of points from another team.

- If the "Head to Head" Card is selected, the team who has the next turn will be the competition.
- One of the teams not involved will be the judge of the "Head to Head" challenge.
- If the team who selected the "Head to Head" Card is successful in the competition, they will record the number of points stated on the card on the point pad.

- If the team who selected the "Head to Head" Card is unsuccessful in the competition, they will return the card to the bottom of the deck, face up.

The Second Turn And Beyond

Once Team #1 has completed their turn, Team #2 will roll the die and move their piece and follow the directions on the board. The game will continue with Team #3 and Team #4 rolling the die and continue until there is a winning team.

Winning The Game

The first team to accumulate 50 points in the game wins!

Credits

The following people made this game possible.

Game Concept: Leo Hsu
Rob Reyes
Matt Villaescusa
Artwork: Minh Tam Chau

Legal

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