

If we took a look at our basic day, we would notice that a great part of it is spent sitting. From the time driving the car, placed in front of a computer screen, or just when we get home and want to watch some late night TV. Like so many other people we all find it hard to fill in the one hour of solid workout time because we're too busy with the daily struggles of life. This is a quick activity to do around the office or at home when you have a few minutes of down time and want to do something other than sitting down. It is also a great icebreaker for your next demo!

### **WHAT YOU NEED:**

Pick out a large enough space to move around in and one that is comfortable enough for you. A full deck of playing cards is need as well.

### **HOW IT WORKS:**

Look through the deck of playing cards quickly before you begin. Make sure you have a full deck and than shuffle them quickly. You want to give each card suit a certain work-out. Example: Anytime you pull a Heart out you have to do Push-Ups or if it is a Spade you will do Sit-Ups. Pick a simple work out for each suit, make such not to pick anything to hard, jumping jacks, running in place, crunches would be the ideal workouts for this activity. The numbered cards will tell you how long you will do each workout. A nine of hearts is pulled and you will do nine minutes of Push Ups. A face card is pulled (Jack, Queen, King) that means you have to do fifteen minutes of workout for that card. When an Ace is pulled out it means you take a three-minute cool down to catch your breath.

- TWO--Two Minutes
- THREE--Three Minutes
- FOUR--Four Minutes
- FIVE--Five Minutes
- SIX--Six Minutes
- SEVEN--Seven Minutes
- EIGHT--Eight Minutes
- NINE--Nine Minutes
- TEN--Ten Minutes
- JACK--Fifteen Minutes
- QUEEN--Fifteen Minutes
- KING--Fifteen Minutes
- ACE--Three Minute Cool Down

### **WHAT YOU WILL DO:**

Pick a space in your home or office that will allow you to move around. Place the cards face down on nearby table. Turn on the radio or even the TV for local news; you don't want to get bored while you're working out. Stand in the middle of the space you have made for yourself and pick your first card and than begin to work out.

This is an activity meant for anyone of any age to do

whenever you have time. If you have a child who has spare time after school they can get up and move around with this fun game or you can do it together. Even an adult who has ten minutes on their hand can take part of this activity and feel much better.