**FITOPOLY**

**HOW TO PLAY**

1. Start the game by starting at the sign! You must roll the “virtual” dice to determine number of spots to move!
2. Click the dice icon to be taken to the “virtual” dice. After clicking the dice and getting a number, you will move that number of spaces on your game board.
3. You will complete the exercise that you land on. For example, if you initially roll a “4” on the virtual dice, then you would land on (Jumping Jacks). You can click on the image to be directed to a YouTube video example.
4. All exercises will be performed by completing 3 sets of 10 repetitions. If the exercise is done “statically/stationary” then you’ll perform that exercise for 30 seconds. (i.e., holding a plank for a total of 30 seconds).
5. You can roll the “virtual” dice and perform as many exercises in one day as you desire. We require you to be honest and have integrity when it comes to entering your daily submissions.
6. You’ll earn “1” FITOPOLY point each time you make it all the way back around the game board/back to the “Pass Go Sign”
7. You can earn additional “FITOPOLY” points by doing the following:

-Tag @gmsdhpelw to share your daily FITOPOLY journey (1 Point for each tag)

-Get a co-worker and/or student to join FITOPOLY (1 Point)

1. Complete Daily Submission by clicking button at top of FITOPOLY page:

Text

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