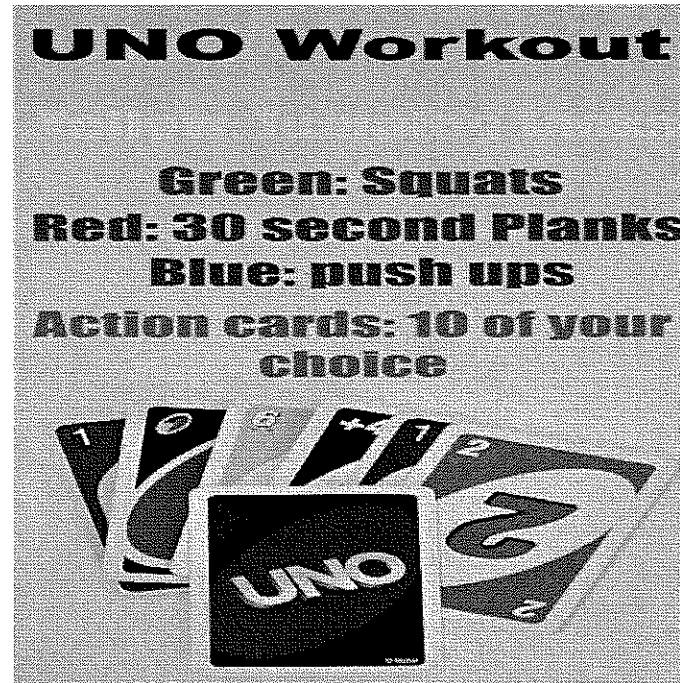


With the weather getting colder here is a nice indoor game you can play as a family. After playing a couple of rounds of Uno the regular way you can try this UNO workout.



UNO has been one of my absolute favorite games throughout the years. Today I have a fun new physical UNO game to enjoy with your kids and family. It is a fun and easy way to get the family moving and active. You choose how much time you will "play" the UNO workout and off you go.

All you need is a stack of UNO cards and know how to do a squat, jumping jack, push up and a plank. Set the stack of UNO cards in a central location, and give plenty of space for everyone to exercise. Everyone will draw a card. If you draw a yellow card you will do jumping jacks, as many jumping jacks as the number that is on your card. If you draw a blue card, you will do push ups, as many as the number on the card. A red card is 30 second planks, again do as many as the number on your card. Green is squats. If you draw an action card, a draw 2 or 4, a wild card, reverse or skip card, you will do 10 of your choice of exercise. After you complete your task for that card, go and grab another card. Continue on playing as long as you like.

This is a fun and simple way to get everyone moving. My family played this the other evening and my house was rocking with giggles, laughter, and groans. The kids like it because it keeps changing. They are not stuck on one exercise too long. Plus it is fun. Who knows what you are going to have to do!

Mr. Huemmer