Deck of Cards Fitness:

Here’s a great fitness game to play with a partner. You will need 1 deck of cards (the face cards are all worth 10).

* Take turns each drawing a card.
* A high card beats a low card.
* Player with the low card must perform 10 jumping jacks each time.
* Keep track of the total # of jumping jacks performed during the game by adding. Yes, you can use pencil and paper. ☺
* The winner is the player who completes the most # of jumping jacks.
* Choose a different exercise 2 more times during the week when you play.