JAIL 10 PUSH UPS 10 SIT UPS 10 WALL SITS	St. Charles Pl. Rent: 15 Push ups	States Ave. Rent: 15 Sit ups	St. James Pl. Rent: Hula Hoop 20 times	Tennessee Ave. Rent: Windmills (20)	N.Y. Avenue Rent: Washing Machines (20)	Free Parking!				
Connecticut Ave. Rent: Quad Stretch Hold 30 sec.							Kentucky Ave. Rent: Mt. Climbers (15)			
Vermont Ave. Rent: H.S. Stretch Hold 30 sec.							Indiana Ave. Rent: Squat Thrusts (10)			
Oriental Ave. Rent: Calf Stretch Hold 30 sec.							Illinois Ave. Rent: March 40 steps			
?							Atlantic Ave. Rent: Arm Stretch Hold 30 sec			
Baltic Avenue Rent: Jumping Jacks (40)							Ventnor Ave. Rent: Arm Circles 20 Both Directions			
Mediterranean Avenue Rent: Jump Rope 30 times							Marvin Gardens Rent: Side Stretch Hold 30 sec.			
GO Get a drink of water	Boardwalk Rent: Spin in a Circle 15 times	Park Place Rent: 20 Punches in the air	Pennsylvania Ave. Rent: Bunny Hop 20 times	N. Carolina Ave. Rent: Grapevine Step 1 min	Pacific Ave. Rent: Skip 1 min	GO TO JAIL!				

How To Play:

This game can be played by yourself or with as many people as you want! Use coins, or paper, etc. as markers. Everyone starts at "GO." The youngest player rolls the dice first. You move your marker that many spaces and do whatever exercise is listed on that block. The game is finished when a player has landed on each box and has done all the exercises. If you land on a box that you've already done, you must do that exercise again, and roll 1 more time to try to land on a box that you haven't done yet. If you're using 2 dice and you roll doubles you get to roll 2 times in a row. When you land on "Free Parking" you get to do your favorite exercise for 1 minute. When you land on "?" the player that rolls after you gets to pick what exercise you do for 1 minute! Keep the pace fast by having the next player roll as soon as you start your exercise. Have fun & work hard!

Akron Children's Hospital
Sports Medicine Center

Copied with permission