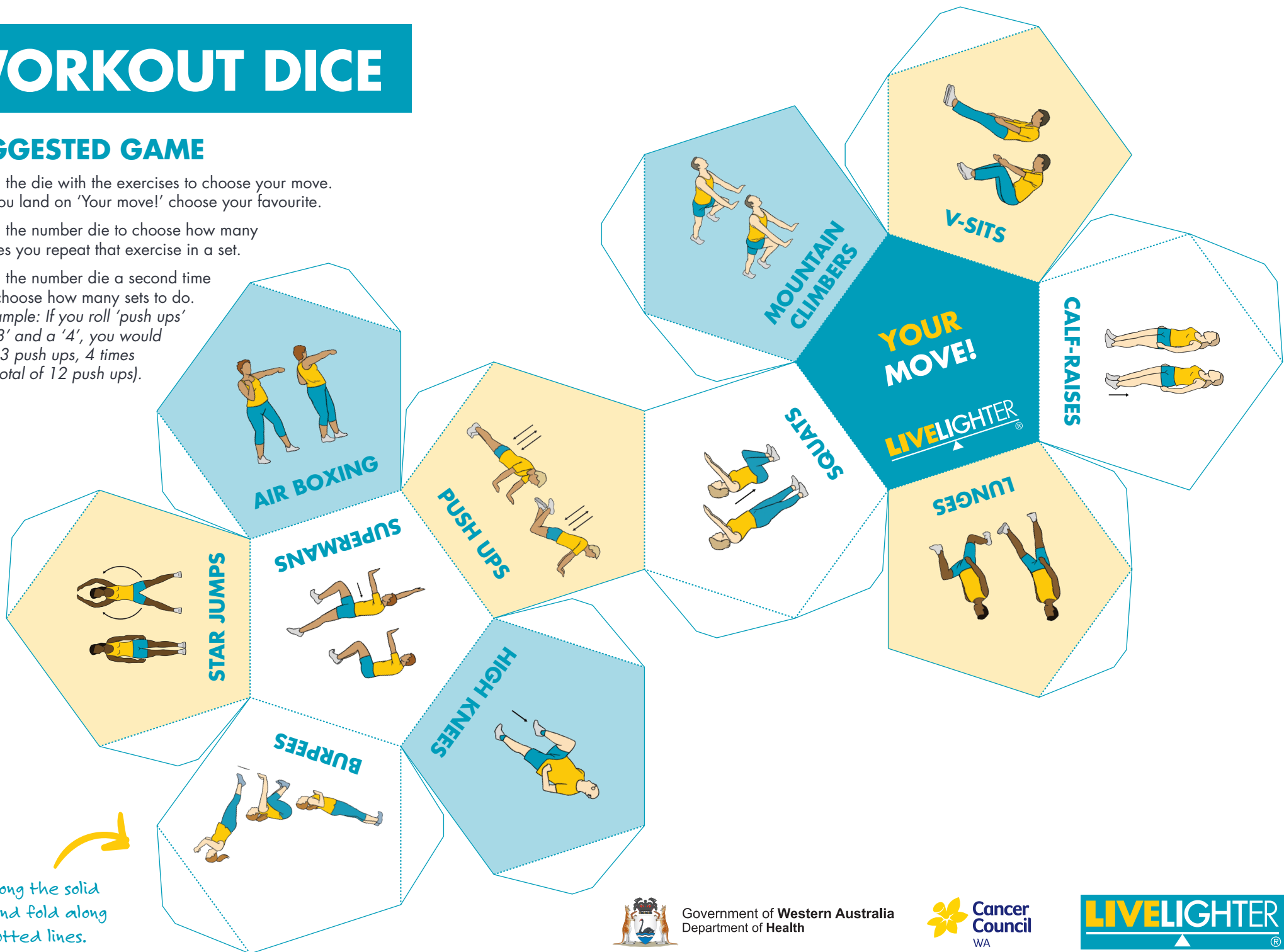


WORKOUT DICE

SUGGESTED GAME

1. Roll the die with the exercises to choose your move.
If you land on 'Your move!' choose your favourite.
2. Roll the number die to choose how many times you repeat that exercise in a set.
3. Roll the number die a second time to choose how many sets to do.
Example: If you roll 'push ups' a '3' and a '4', you would do 3 push ups, 4 times (a total of 12 push ups).



Cut along the solid lines and fold along the dotted lines.



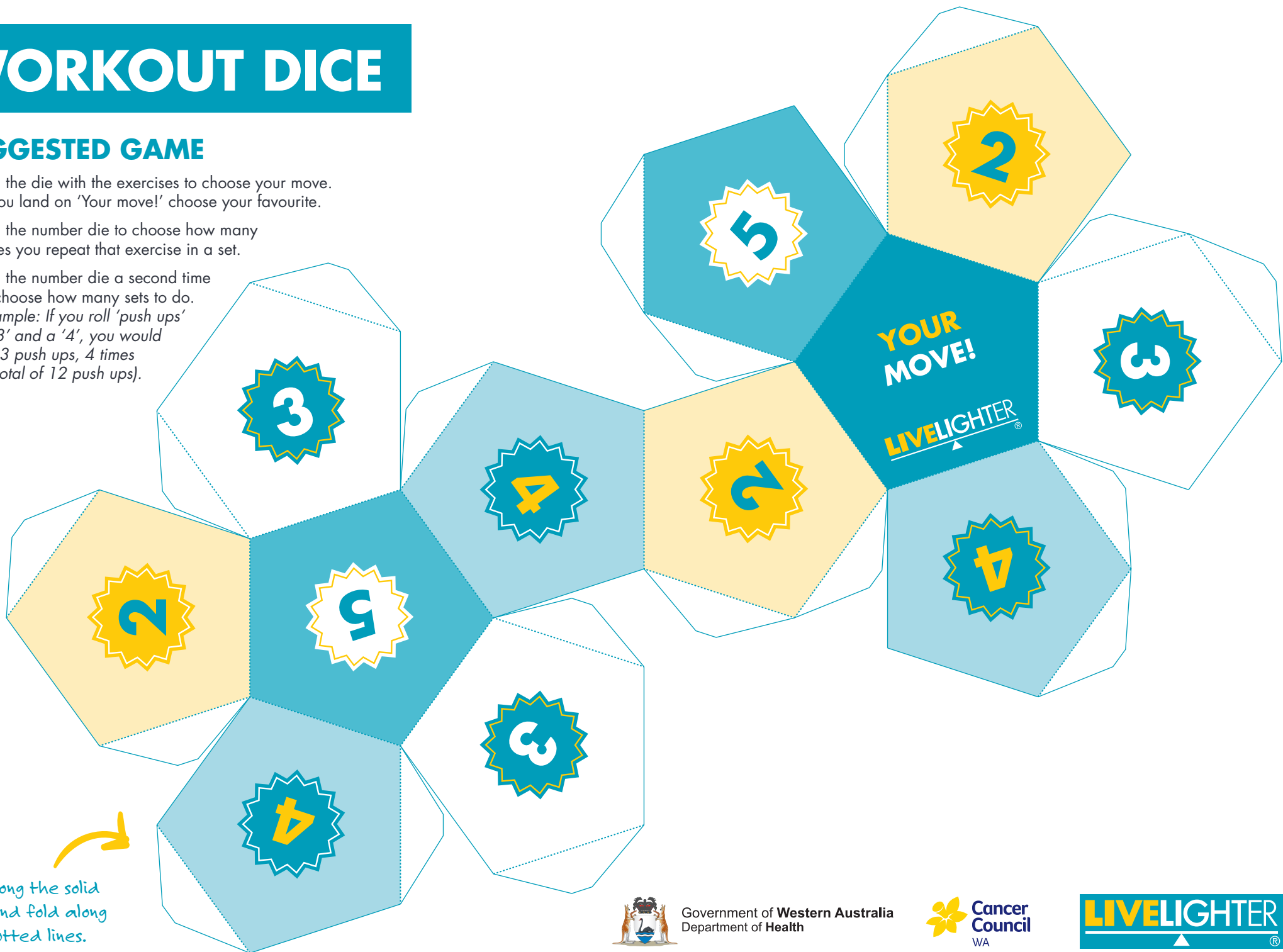
Government of Western Australia
Department of Health



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