

All you need for **Fitness Deck** is a deck of cards. Assign a different activity to each suit, such as: (You can make up your own exercises.)

- Hearts = jumping jacks
- Spades = sit-ups
- Diamonds = push ups
- Clubs = squats

Shuffle the deck of cards and take turns with your child picking up the top card. The number on the card represents the number of times you need to complete an activity. Before starting, decide the value of Aces, Jacks, Queens, and Kings or take them out of the deck.