

A Fitness Adventure Game for Kids

FIT HEROES™



Instruction
Booklet



www.FitHeroes.com

Number of Players: 2–6

Ages: 5+

Where to Play: Indoors or outdoors — anywhere with space to move around!

Included: 50 Playing Cards, 5 Character Trading Cards, 1 Instruction Booklet

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Thank you for choosing **Fit Heroes: A Fitness Adventure Game for Kids!**

Please read this Instruction Booklet before getting started.

Learn more about the Fit Heroes characters and their adventure stories on our website!

To view this Instruction Booklet in LARGER print, find rule clarifications, detailed instructions, more gameplay variations, videos, game accessories, and other exciting stuff, please visit our website:

www.FitHeroes.com



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CARD DETAILS



There are 5 Character Trading Cards in the deck. These unnumbered cards are not part of the game. Remove before playing.

IMPORTANT TERMS



Hero Cards: Require an action and are worth + points.



Villain Cards: Require an action and are worth - points.



Mystery Cards: Worth + points and may require individual or group actions, or may simply provide information or other "mysterious" things.

Active Player: The player whose turn it is.

Round: When all players have completed one turn.

Played Pile: A separate pile where each player keeps their played cards.

Draw: Taking the top card of the deck.

Swap: Exchanging your card for another player's card.

HOW TO PLAY

1. Place the shuffled deck of cards face down in the middle.
2. Each player draws one card and places it in front of them, face up for all to see. (Each player only has one card at a time.) The person with the lowest card number starts the game.
3. The first player reads their card and does the required action indicated on the card for 10 seconds. (All players can do a 10-second countdown while cheering on the active player.)
4. Upon completing the action, the player puts the card in their personal played pile.
5. The player to the left (clockwise) goes next, and so forth.
6. The first round is completed once every player has had a turn. For each round, all players draw another card, and the person with the lowest card number starts that round. Gameplay continues clockwise.
7. The game is over once there are no longer enough cards for each player to have another round. Those extra cards will go unplayed.
8. To determine a winner, each player adds and subtracts the points (indicated on the top left of each card) from their played pile. The player with the most points wins. In case of a tie, there can be two winners, or the player with the highest numbered card wins.

ADDITIONAL RULE DETAILS

- The purpose of this game is to have fun with fitness! All players must at least attempt to do the required actions in order to play the game. Any attempt is sufficient.
- If a player is physically unable to do certain actions due to disabilities or injuries, have them do the best they can to replicate the action in their own unique way. Players with extreme physical limitations can close their eyes and mentally perform the actions.
- If a player is too shy or hesitant to do an action by themselves, a parent or another player can volunteer to join them.
- If a Mystery Card requires a group action, only the cardholder keeps the card for points.

Now that you know the RULES...



That's not all! There are tons of super fun game variations and different playing ideas on our website:

www.FitHeroes.com

Turn the page to check out some favorite gameplay variations.



GAME VARIATIONS

Super Swap: Follow the regular game rules, but with one difference—swapping. When it's a player's turn, they can either *keep* and play their card or *swap* their card (once) with any player who has not yet had a turn. All players must accept a swap request from the player whose turn it is and must keep the swapped card unless other players request swaps with them later.

Mystery Swap: Follow the Super Swap rules, but instead of placing drawn cards face up for all to see, cards are held and kept hidden from others. Swaps are a complete mystery. The only time a card is placed face up is when the action on the card is being done.

Speed Game: All players perform their specific card action at the same time.

Young Kids Game: Simply draw cards and do actions as a group.

Classrooms and Large Group Game: Divide the classroom or group into two or three teams. Play as you would with individual players.

Fitness-Only Game: Decide how many seconds to perform each card's actions (10–60 seconds). As a group, continuously draw cards and perform the required actions.

Shorter Game: The first player to get “5 points” wins.

Longer Game: The first player to get “20 points” wins. Play with two decks. If playing with one deck, reshuffle all the cards once they run out, and continue playing.

Memory Game: Scatter, or line up, all the cards on the ground face down. The active player draws two cards from the spread out cards and places them face up for all to see. They decide which card they want to play and turn the unwanted card face down in the same spot. Players use their memories to remember which cards are where.



DISCLAIMER

By playing Fit Heroes: A Fitness Adventure Game for Kids, you are agreeing to accept all parts of this disclaimer. The stories and scenes portrayed on each card are make-believe, fictional cartoons. While it's fun to pretend, remember that real-life Fit Heroes (you) should put safety first in all situations! If you ever sense danger, or someone needs help, find an adult immediately and call your designated emergency phone number. This game is for entertainment purposes only and is not meant to give health or medical advice, or serve as an exercise or health program. Please consult with your doctor before beginning this or any fitness-based game or program. There are always risks associated with any physical activity, and Fit Heroes LLC is not responsible or liable for any harm sustained while playing this game.

You are fully responsible for understanding the risks and for playing at your own risk. Thank you for your understanding.

Make sure all players can safely perform each required physical activity. To learn how to do each physical activity safely and properly, please go to our website: [**www.FitHeroes.com**](http://www.FitHeroes.com).