Family Fitness Uno

- Deal out 6 cards per person.

- The goal is to get rid of your cards before everyone else.
- To get rid of a card, it must match the color, or the symbol, or be a wild card.
- If you have 1 card remaining, you must say “UNO” as you play your second to last card leaving you one. If someone says it before you, you must draw 4 more cards.

- If you play a card with a number, then the next person must do that many repetitions of an exercise of their choice.

- If you play a Skip, then the next person must skip in place 10 times and their turn to play a card is skipped.

- If you play a Reverse, then the direction of the game is turned around and the person who was supposed to have their turn, must do 10 jump turns.

- If you play a Draw 2, then the next person must do 2 exercises of their choice 5 times each and they must draw 2 cards without a chance to play a card.

- If you play a Wild card, then you change the color of the next card played to your choice and everyone must do 5 exercises of your choice.

- If you play a Draw 4 Wild card, then the next person must do 4 exercises of their choice 5 times each and they must draw 4 cards without a chance to play a card and you change the color of the next card played to your choice.

- If you get rid of all your cards first, you win and everyone else must add up the point value of their cards and jog in place for that many seconds.
- Number cards are worth that many seconds, 0 is worth 10, Skip, Reverse and Draw 2 are worth 15 seconds, Wild Card is worth 20 seconds and the Draw 4 Wild is worth 25 seconds.
- Exercises MAY be adjusted based on ability levels of family members. Remember, this should be fun and NOT harmful or cause injuries!

Hope you enjoy it!