**Theme Your Routine** – Tying fitness into other aspects of life helps to make it more relevant, and fun, for participants. You don’t need to have a theme for every class but you can incorporate themes when it makes sense, based on what is happening during that particular time of year.

* **Possible Themes**: Holidays, Veteran’s Day Boot Camp, Season Changes, Earth Day, National Days, Birthdays, Black History Month, 80s/90s, Wacky Tacky, Cinco de Mayo, Mother’s Day, Father’s Day, Spring Forward, Sporting Events (Sweet 16, Kentucky Derby, Super Bowl, etc)
* **Incorporate the theme by**:
  + Your music selection
  + Spelling out theme-based words with exercises that start with those letters
  + Themed handouts, stations signs, etc.
  + Having participants wear something special
  + Picking themed based exercises and/or changing the names of the exercises. A few examples:
    - Mother’s Day (Fast Feet – running to see Mom, Punches – protecting Mama, Jumping Jacks – Jumping for joy because your Mom is the best, Sit Ups – Moms making you get up out of bed, Squat & Duck – Duck those Mom kisses)
    - Animal Exercises – Bear Crawl, Bunny Hop, Inchworm, Crab Walk, Frog Jump, Donkey Kicks, Cheetah (fast feet), Bird Fly, Butterfly Stretch, Downward Dog, Cobra Stretch, Cat, Cow, Elephant
    - Winter – Ski Jumps, Ice Skaters, Snowboarding, Cross Country Skiing, Bear Crawl, Snow Angels, Snow Ball Throw, Mrs. Clause (Curtsy Lunge), Drummer Boy Plank Taps, Snowy Mountain Climbers
    - Disney – Ariel Swims, Tiana Frog Jumps, Pocahontas Rows/Russian Twists, Snow White Calf Raise Farmers Walk, Tigger Pounces, Mulan Squat/Side Kick, Belle Curtsy Lunges, Goofy Wacky Jacks
    - Halloween – Witches Brew (squat & stir the pot), Mummy Kicks, Jumping Spiders, Dead Bugs, Skeleton Freestyle (dance), Demon Deadlifts, Thriller, Zombie Lunge, Dracula Rises (sit ups), Pumpkin squats, Run From The Ghosts, Frankensteins, Bat Flapping, Spider Walk, Ghost Fliers (Chest Fly)
    - Wacky Tacky/Silly Exercises – Wacky Jacks, Burpees, Fast Feet Drop, Reverse Crunches, Donkey Kicks, Bike on the Ceiling, ‘I Dunnos’ (shoulder raises), Washing Machines, Inchworms
    - Fall – Rake the Leaves, Pumpkin Squats, Football Defensive Shuffle, Football Fast Feet, Apple Picking, Football Goal Posts
    - Sports – Basketball Free Throw, Baseball Swing, Football Goal Posts, Ice Hockey Skaters, Track Hurdlers or Long Jump, Soccer Goalie (squat & shuffle), Swimming Freestyle, Backstroke, Breast Stroke, Track Run, Soccer Taps

**Gamify Fitness** – Games are fun for kids and adults alike. You can use games to bring a theme to life, reward participants hard work during class, or end the workout on a fun note. A few fitness game ideas can be found below:

* **Never Have I Ever** – create a set of Never Have I Ever Statements and assign a specific exercise to each statement, if they have done the item they do 15 of the exercise, if they haven’t they only do 10 of the exercise. These can be theme based as well, such as Disney themed, Wacky Tacky themed, etc. This is also great for helping participants get to know each other better.
* **Flip A Coin Fitness** – Grab a coin and flip your way through a series of exercises. If you land on heads, you only do 7 of the exercise. Land on tails, you have to do 13! Make it more interactive by having participants be the one to flip and assign exercises. See resources for an example.
* **Body Clock** - Tell all players to close their eyes and start jogging in place and then sit down when they think one minute has passed. Whoever sits down closest to actual one-minute mark wins (this can be longer or shorter). You can repeat for different lengths of time, such as 2 minutes or 30 seconds. Tell everyone that you will watch and make sure they don’t migrate into each other! They can also hold on to something (like a wall or post) nearby if available. You can do this with some other exercises like squats or planks but be careful to not use exercises with too much movement or in too large of a group.
* **Where Have You Been** – This is another great game for getting to know each other better. Come up with a list of places that you think people in your group may have visited. These can be vacation destinations or places around town. Have an exercise assigned to each place. If the participant has been to the destination, they have to do a certain number of the assigned exercise. If they haven’t, you assign a different number of exercises for them.
* **Obstacle Course** – Set up an obstacle course using agility ladders, cones, objects found around the yard, sidewalk chalk, etc.
* **Field Day Games** – Incorporate some classic field day games, such as 50-yard dash, limbo, sock toss, etc.
* **Scavenger Hunts/I Spy/Clues** – use the surrounding environment to gamify fitness! You can find printable scavenger hunts online and add in the exercise component by having participants jog to find the items, do 5 exercises of their choice when they find the items, etc. Use clues to get participants moving around the space. Example – Hop to the tree that creates the most shade. Jog to the place where we park our cars and do 15 squats when you get there, etc.
* **This or That** – In this game, participants will choose which exercise they do based on which item they prefer out of two items presented to them. Example – soccer vs. basketball, pizza vs. pasta, Jay Z vs. Nas, etc.
* **Draw Exercises Out of a Hat/Bucket** – This can be really fun when you put the group in a large circle and have them take turns running to the middle to draw out the exercise. You can have the participants stay in the middle to lead the exercise they drew.
* **Wheel of Fitness** – This is best for a virtual setting, using [www.wheelofnames.com](http://www.wheelofnames.com)
* **UNO Fitness** – see resources
* **BINGO** – see resources
* **Card Relays/Card Fitness** – see resources
* **Fill My Plate/What’s On My Plate** – see resources
* **The Fitness ABCs** – see resources
* **Roll The Dice Workout** – see resources

**Incorporating Music** – Everything is more fun with music so find ways to incorporate music into your class design, even if you aren’t comfortable with 32 count. A few ideas to get you started:

* **Do cardio to a set # of songs** – Decide what length of nonstop cardio is appropriate for your group then find a song (or songs) that is about that same length of time. An easy way to do this without having to be concerned with staying on beat or using 32 count cardio is to do intervals throughout the duration of the song(s) – 30 seconds jog/march in place, followed by 30 seconds of another cardio move you lead, then back to 30 seconds jog/march in place (or dance depending on your group!). You can then build on the number of songs/duration of cardio as the group progresses over the weeks/months.
* **Incorporate songs that do the work for you** – Flowers by Moby (squats), Thunderstruck (burpees), Fitness Songs like Sit Up Song (on Spotify), Cha Cha Slide
* **Create easy routines with just a few movements to repeat during the chorus/verses** – Pump Up The Jam, Senorita, Elicia is famous for this
* **Create playlists for your themed classes**

**Other Tips To Make Fitness FUN**

* Don’t recreate the wheel. If you attend a class that did something you hadn’t thought of, use it! Share your ideas with your fellow Warriors!
* Don’t take yourself too seriously or assume that your participants won’t enjoy playing a game or being a little silly. Tune into your inner child, get creative, and know that as long as you are excited about what you are offering, so too will your participants be.
* Invite a fellow Warrior to come lead a section of your class if they offer a modality you don’t have experience with.
* Set up monthly challenges or quarterly attendance challenges to keep participants engaged and coming back for more.
* Prizes don’t need to be tangible. The winner could get to assign the final exercise of the day or get to pick one person from the group that they challenge etc.
* Whenever possible, get participants engaged with each other, give participants have a choice in what they are doing, and let participants lead parts of the workout as appropriate.
* Google, Google, then Google some more **–** There are so many fun ideas out there if you take the time to look. You can search for fitness games, find songs about a certain topic, figure out what National Day it is, and learn exercises that start with certain letters. You never know what you might find!

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