



Inclusive games that make you THINK and MOVE! ALL ages and abilities.

Fit and Fun Forever™ are movement-based games that are specifically designed for adults and seniors. These games provide all participants with a dynamic series of movement, social, and cognitive experiences which can help fight dementia and improve balance. Game play is based upon the combination of unique movement and trivia fun. In the simplest terms, participants attempt to physically complete each activity while at the same time challenge their wits with trivia. This approach to game play blends the best of two worlds, and limits the typical fatigue associated with fitness programs.



For more information visit our website



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WHO CAN PLAY?

Fit and Fun Forever™ games were created to be enjoyed by **EVERYONE!**

Fit and Fun Forever™ has been thoughtfully created to ensure that people of all ability levels can participate. Everyone from pickle ballers to mahjong players, from young children to seniors, and from standing or sitting. The activities can be used purely for coordination and fitness building experiences excluding the trivia and / or scoring all together. Modifications and variations of game play are expected and encouraged so that all participants can succeed and celebrate their efforts. These games are for everyone - no excuses!!

ANYone of ANY ability of ANY age!

HOW DO WE USE IT?

Fit and Fun Forever™ games were developed to be used for social, physical and mental reasons.

There are several ways to use Fit and Fun Forever™ games, in part or whole. The core concept is that there is a package of portable mats we call Roll-Out Activities® that, in combination with some other pieces, are used with trivia cards to create a unique, inclusive movement experience. You can elevate the experience with team-based competitions and awards, or keep it low-key and focus on the fun. You can go at your own pace, or have a time limit. You can elevate the movements or simply them.

Make it what you want, where you want!

WHERE CAN WE USE IT?

Fit and Fun Forever™ games were designed to be used for a **VARIETY** of purposes.

Fit and Fun Forever™ games are versatile to suit a variety of purposes. The games can be used for weekly or monthly wellness, fitness or game night programs. They can be used for community events like adult olympics, grandparents day or family day. Games can be played at the recreation or senior center, the veterans administration, rehabilitation centers, active communities or health fairs. The uses are endless.

Loved by EVERYone, EVERYwhere!

Our Activities feature the important qualities necessary to the safety, durability, and versatility of these activity mats. These quality features include:



**REINFORCED MATERIAL
FOR MAXIMUM STABILITY**



**LOW MAINTENANCE &
EASY TO CLEAN**



COMMERCIAL GRADE MATERIAL



HOW TO USE ACTIVITY GUIDES



PORTABLE & EASY TO STORE



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