



Fit & Fun Forever can be played with two or more participants. These “teams” can either play alongside other teams or against each other. It is recommended that a team consists of 2 to 5 people. The objective of the game is to determine which team achieves the highest score after completing all 6 Roll-Out Activities®.

Teams can start from any open mat, and should rotate to the remaining 5 mats after each participant of the team takes 4 turns.

Teams need to determine who will be the initial Mover and Quizer. The Mover is the player that is attempting to physically travel through and complete the challenge of the mat. The Quizer is the player that poses the trivia question and records the score of the Mover.

Each mat has its own unique movement challenge, however the trivia used throughout the game is universal and not specific to each mat.

In order for the Mover to complete the mat challenge he/she must successfully physically complete each stage/section while also successfully answering a trivia question at each of those stages/sections.

The Mover selects the trivia category, and the Quizer selects the question. If a Mover does not know the answer, then he/she can select one team member to help provide an answer. Each correct answer allows the Mover to progress to the next section of the mat challenge, and awards 10 points.

If at any time the Mover fails to correctly answer a question (even with the help of a team member) then the Mover loses all points accrued in that turn. Some mats have built-in points as part of the challenge (Taking Aim, Around the USA, and Numeral Mania). If a Mover is successful in answering the trivia and completing the challenge then those built-in points are combined with the 10 points.

Once a Mover has either completed the challenge, or has been eliminated due to an incorrect answer, then he/she becomes the Quizer for the next Mover. The Quizer then joins the line for those who have not yet tried the challenge. This process repeats 4 times so that each team participant gets the opportunity to attempt the challenge 4 times.

At the end of each mat, the team should record individual and a total team score using the scoring card. If teams choose to play against other teams, then the team with the highest score wins the game. If game play is interrupted or ends prior to the completion of all 6 mats then the game is continued at a later day/time.

Teams or facilities can and are encouraged to alter game rules to create a more personalized version of play. All rule changes should be recorded in writing and mutually agreed upon.

For Consideration: Pooling a reward, like money for winners to be awarded