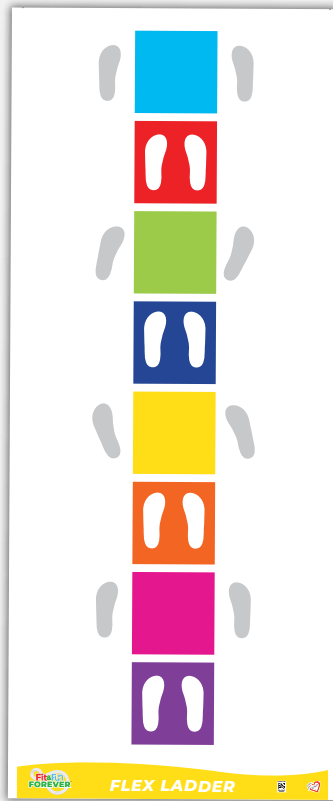
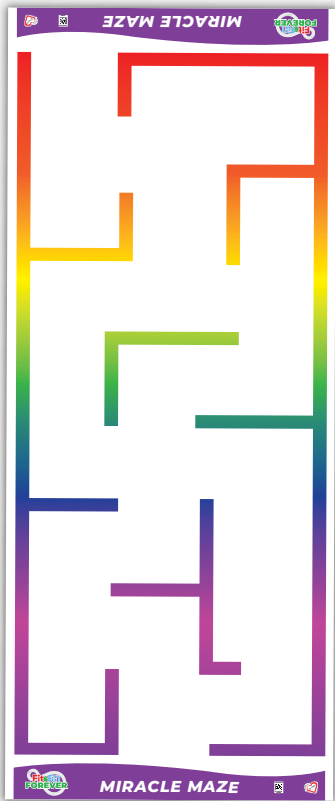


Fit & Fun FOREVER™

Inclusive games for all ages that make you **THINK** and **MOVE!**



Fit and Fun Forever® are movement-based games that are specifically designed for adults and seniors. Through a dynamic series of movement, social, and cognitive experiences, these activities are designed to help fight dementia and improve balance.



Scan here for more information



WHO CAN PLAY?

ANYone of ANY ability of ANY age!

Fit and Fun Forever® has been thoughtfully created to ensure that people of all ability levels can participate. Everyone from pickleballers to mahjong players, from young children to seniors, standing or sitting. The activities can be used purely for coordination and fitness building experiences by 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!*

HOW DO WE USE IT?

Make it what you want, where you want!

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 have a time limit, or go at your own pace. You can elevate the movements or simplify them.



Matt Schinelli Game Developer

WHERE CAN WE USE IT?

Loved by EVERYone, EVERYwhere!

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.



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