



FREE SPIRIT

USER GUIDE



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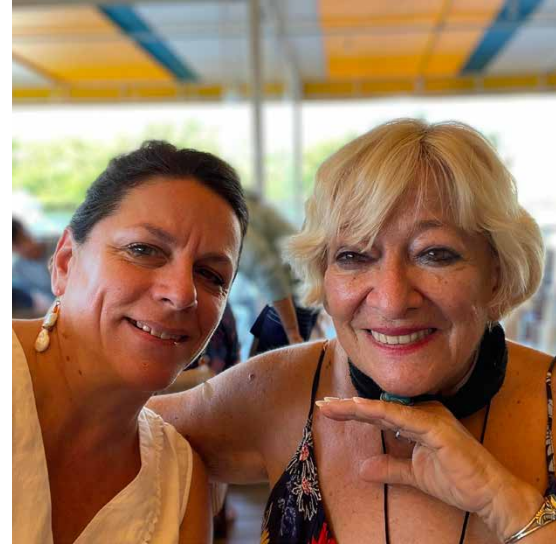


FIT AND FUN FOREVER® INSPIRATION

Pam Gunther, Founder and CEO of Fit and Fun Playscapes®, shares a personal story about why she developed Fit and Fun Forever®. As COVID was just emerging, Pam's mom, Katherine Redmond, got really sick and it took nearly a year to be diagnosed with Myasthenia Gravis, a neuro-muscular autoimmune disorder. For years, she suffered with immobility, a trach, and became more wheelchair dependent which affected the quality of her life and health. Sadly, it recently took her life, but she inspired Pam to develop games for seniors like her and her friends.

Pam's Uncle Pete, Katherine's brother, went from being very active to someone with some physical limitations due to a knee injury. Pete and Pam began talking about ways to get more movement opportunities to the residents at his community with one promise, to dedicate them to his wonderful wife, Rosemary, who lost her life to leukemia. At the bottom of each Fit and Fun Forever® mat, there is a heart in honor of Pam's Aunt Rosemary.

Together, Pam's mom and Uncle Pete inspired and became instrumental to the development of Fit and Fun Forever®. For Pam, it's all about family. They have always been her source of inspiration.



WORDS FROM OUR INCLUSIVE GAME DESIGNER



Matt Schinelli *Inclusive Game Designer*

I've had the good fortune to learn from, and experience activities alongside, individuals who typically would be described as "limited in ability, or disabled". Through thousands of interactions, I've discovered some of life's most important lessons: first, all movement matters, regardless of how slight or minimal it may appear. Second, the "Power of Play" is real and can transform both individuals and groups of people, inspiring them to push beyond their present state of mind. Third, although everyone is different, we all share a common connection to curiosity.

OVERVIEW



The Fit and Fun Forever® “Free Spirit” activity has been thoughtfully designed to provide participants with a dynamic series of movement, social, and cognitive experiences. Game play is based upon the combination of unique rollout movement mats (aka, Roll-Out Activities®), and trivia fun. In the simplest terms, participants physically complete each mat activity while at the same time challenging their knowledge of trivia facts. The player or team with the highest score after completing all 6 mat activities wins! Participants can start at any of the 6 mats, and should play each mat activity 4 times before rotating to another mat.

Fit and Fun Forever® is also equally as effective and fun used purely as a coordination and fitness building experience. An individual or group of people can perform the activities without the trivia/scoring component.

Fit and Fun Forever® has been created to ensure that all participants of all ability levels can participate. Modifications and variations of game play are expected and encouraged so that groups can embrace the unique strengths and needs of all participants.

KEY TERMS

Mover

This refers to the participant who is physically in motion attempting the challenge. The Mover can also be responsible for recording his or her own score.

Quizzer

This refers to the participant who is asking the trivia question and recording the Mover’s score. The Quizzer can also be responsible for scoring the Mover as well.

Step or Travel Motion

This refers to the method of how a participant is moving. It can imply walking, hopping, jumping, side sliding, rolling in a wheelchair, or any other pattern.

Bonus Challenges

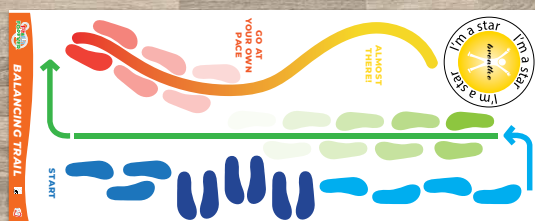
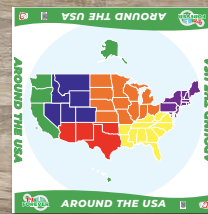
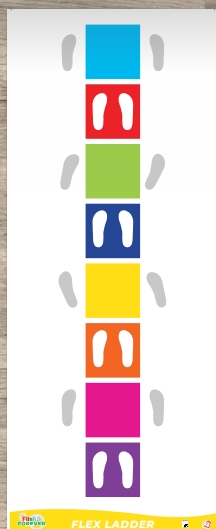
This refers to the variations a team or participant can make to the activity in order to increase the level of difficulty that may lead to a possible score increase.

Safety Supports

This refers to any physical, visual, or verbal support a participant may request or require from another person or item.



SET UP & WARM UP



We recommend the mats be positioned with at least three feet between each one of them, and that mats are at least three feet away from a wall, desk, or any large obstacle. It is also recommended that the mats are laid out on a clean floor. The mats are specifically designed to stay in one place on the floor as long as it is clean. If the floor cannot be cleaned or has any residue of dirt, then it may be necessary to tape down the edges of each mat.

Prior to the start of official game play, we encourage all players to take part in a general “walk-through” of all the mats. This stage allows all players to travel on the

mats in order to gain a feel for the surface, as well as gain a better understanding of the lines, shapes, symbols, and rules.

It is important to use this time to answer any questions, as well as have an individual model the basic movements and process of the game or particular mat. We recommend that the first week / session is an introductory week and scoring not kept. Just casually play to get the feel of the game!

We also recommend using music during this stage to help encourage greater active participation. After the “walk-through” the music can either be lowered or stopped.

COMPONENTS OF TEAM PLAY



Regardless of which rollout mat you begin with, you will need to complete a few basic steps:

- 1** Form a team or find a partner. Teams can range from 2-5 members.
- 2** Select the initial Mover and Quizzer for the first round of play at each mat.
- 3** All team members should serve as a Mover and a Quizzer. Simply make the Mover the Quizzer, and the Quizzer a team member waiting to become a Mover after each person completes the mat activity. Think of it as an assembly line with the goal of keeping the operation moving at all times.
- 4** Make sure to set a few chairs in a resting area for participants that may require a short break. Set predetermined “timeout / break” after the first 15 minutes of play.

TRIVIA

Fit and Fun Forever® Free Spirit package comes with several boxes of Trivial Pursuit Mini Packs. These packs present amazing and delighting questions from 4 decades; the 1980’s, 1990’s, 2000’s, and 2010’s.

Fit and Fun Forever® also encourages participants to download additional trivia questions from these free apps:

- Type “Trivial Pursuit” in the search bar of your app browser.
- Type “QuizzLand or Quiz & Trivia game” into the search bar of your app browser.



We also encourage participants / groups to create their own in-house set of trivia based upon local interests and cultural values. Allowing participants to create questions based upon their personal knowledge of people, places, events, and things can really capture the importance of community.



SCORING

The initial step for game play to begin requires the Mover to select a trivia category and then be given a question from that category before initiating any movement.

If the Mover answers the question correctly, then they receive 10 points, and begins the designated movement for the mat. However, if the Mover answers incorrectly then they receive no points, and then becomes the Quizzer for the next Mover.

Some activities have “bonus” points as part of the challenge. If the Mover is successful in completing the challenge then those “bonus” points are combined with the 10 points awarded for the initial correct answer.

Each team member receives 4 chances (not consecutively) to complete the activity before the team moves on to the next activity mat. Record all scores before moving to the next mat.

Here is an example of a scorecard, either as an individual or team:

PLAYER NAME: TEAM NAME:	ROLL-OUT ACTIVITIES®	ROUND 1	ROUND 2	ROUND 3	ROUND 4	TOTAL
Paul Smith Tigers	Taking Aim (Built-in score possible)	20	0	20	20	60
Beth Jones Cubs	Around the USA (Built-in score possible)	10	20	10	20	60
Pedro Cruz Lions	Numeral Mania (Built-in score possible)	10	10	10	10	40
Kalisha Mills Bears	Miracle Maze	10	0	10	0	20
Lin Chang Bulls	Balance Trail	0	20	0	10	30
Lisa Swift Goats	Flex Steps	20	20	10	10	60
GRAND TOTAL						270

QUICK START



Week / Session 1

This initial session is where the instructor unrolls **“Around the USA”** and the **“Miracle Maze”** mats. The participants should be encouraged to travel around, on and across the mats when the music is playing. When the music stops the participants should stop and perform a simple stretch.

After a few minutes following that pattern the they should take a break, so that the instructor can share with them that the next part of the experience is where each person will be asked a trivia question prior to being able to go down the mat. If the participant gets the question incorrect they must go back to the end of the line to wait for another turn. Participants should keep track of how many points they achieve (one point for each correct answer).

Toward the end of the session, the mats should be rolled up and then the participants should gather to share how many points they achieved, and to develop another set of trivia questions for the next session.

Week / Session 2

This second session is where the instructor unrolls the **“Balance Trail”** and the **“Taking Aim”** mats. The participants should be encouraged to travel around, on and across the mats when the music is playing. When the music stops the participants should stop and perform a simple stretch.

After a few more minutes following that pattern the participants should all take a break to relax, so that the instructor can share with the participants that the next part of the experience is where each person will be asked a trivia question prior to being able to go down the mat. If the participant gets the question incorrect, they must go back to the end of the line and wait for another turn. Participants should keep track of how many points they achieve (one point for each correct answer).

Toward the end of the session, the mats should be rolled up and then the participants should gather to share how many points they achieved and to develop another set of trivia questions for the next session.





QUICK START

Week / Session 3

This third session is where the instructor unrolls **“Numeral Mania”** and the **“Flex Steps”** mats. The participants should be encouraged to travel around, on and across the mats when the music is playing. When the music stops the participants should stop and perform a simple stretch.

After a few more minutes following that pattern the participants should all take a break to relax, so that the instructor can share with the participants that the next part of the experience is where each person will be asked a trivia question prior to being able to travel down the mat. If the participant gets the question incorrect they must go back to the end of the line to wait for another turn. Participants should keep track of how many points they achieve (one point for each correct answer).

Toward the end of the session, the mats should be rolled up and then the participants should gather to share how many points they achieved and to develop another set of trivia questions for the next session.

Week / Session 4

This session is where the instructor unrolls all mats so that the participants can gain one last review prior to the start of official game play. The participants should once again be encouraged to travel around, on and across the mats when the music is playing. When the music stops the participants should stop and perform a simple stretch.

After a few minutes following that pattern the participants should all take a break to relax, so that the instructor can share with the participants that the next part of the experience where teams will be formed and scoring will then be formalized (ten points for each correct answer and recorded on the scoring sheet).

Toward the end of the session, the mats should be rolled up and then the participants should gather to share information regarding their team score and to develop another set of trivia questions for the next session. The instructor should also share with the participants that “celebration certificates” will be awarded to the participants that achieve the highest score, and show levels of joy.

Week / Session 5

This begins team game play with all the mats or some of the mats depending on what the group decides.

SIMPLIFIED PLAY



The intent of the Free Spirit activity is to create meaningful and engaging experiences that connect people via movement and trivia. Our belief is that there is no better trivia or set of questions to ask than ones that are authentic and personal in nature. Although questions can be acquired via various trivia sets sold online or the packs we've included in our kit, we recommend that prior to starting the activity, participants are given the chance to create a shortlist of individual questions based upon their personal, community, or local history, interests, or facts. These questions should be the kind that most people would know somewhat easily.

Here are some examples:

When I was a child my family would go to see a show in NYC. The show had famous women dancers who all kicked their legs simultaneously. What was the name of the dancers and show?

My favorite city to visit is the one that has the Golden Gate Bridge. What is the name of that city?

I love music but sadly they only play the classics from when I was growing up in the 1950s. What was the name of the most popular music from that era?

The questions should be written down on index cards or pieces of paper, with the answer written on the backside. Assign someone outside of gameplay to be the “fact-checker” of the questions and answers. After each participant creates their individual set of questions, all the questions are placed into one pile. After the first week of play, the participants are encouraged to make an additional set. In the end, part of the benefit of the Free Spirit experience is to help people physically, emotionally, and cognitively. Using authentic and personal memories to build a catalog of trivia is an amazing pathway to the Power of Play and strengthens a sense of belonging and community. If you are struggling with creating questions, there are numerous websites that offer trivia questions tailored to seniors.

EXTENDED PLAY

Fit and Fun Forever® is designed to be played in so many different fun filled ways. One of the most exciting things to do is to create a tournament or “March Madness” experience.

Following a tournament approach of play simply means that at the end of the session the “game” does not end. Teams will pick up from the same spot from where they ended during the next activity session. A tourna-

ment can be played for two, four, six or eight weeks of play and at the end of that time the team in the lead wins the tournament!

Another variation is to start play with four, six or eight teams, and after each session or week the teams that are winning move forward to play one another, until there is a final winner. Adding teams names and even a trophy, gift card, or prize can really inspire great play!



BALANCING TRAIL INSTRUCTIONS

PURPOSE

The Balancing Trail was designed to stimulate the vestibular system while moving in a variety of directions and positions. Visual cues promote motor planning and postural awareness. The goal is to improve balance or wheelchair mobility skills while the visual cues promote motor planning. Begin by attempting the most comfortable choice and follow the visual cues. Note the change of direction of the footprints and adjust foot / body angle to the appropriate position.



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TO START

- 1** The Mover takes a position near the edge of the mat, and is then asked a trivia question, and if they answer it correctly, they are awarded 10 points and can travel down to the end of the mat and back.
- 2** If they incorrectly guess the answer to the question, then they do not move forward, are not awarded any points, and they become the Quizzer.

BONUS CHALLENGES

- Attempt alternate methods such as: hopping, side stepping, backwards travel, etc.
- Attempt to answer 2 to 3 trivia questions before being allowed to “step / travel” forward.
- Attempt a different pathway for each of the Mover’s 4 rounds.

For more information on what’s included, set-up and safety, rules, scorecards, trivia bonus challenge, and movement bonus challenge, please contact us at (800) 681-0684 or email us at info@fitandfunllc.com.

SAFETY SUPPORT

If requested the Mover can ask that another team member hold their hand, push their wheelchair, or assist in any manner needed. If available, use a wall to lean on as needed and gradually move away from it as the Mover becomes stronger.

- !** Prior to the start of any movement or play, all participants should take a few moments to make sure that he/she is wearing loose fitting clothing, and if applicable is wearing athletic footwear. All participants should check to ensure that he/she is physically cleared to participate. Any person who is not “cleared” to participate for whatever reason should refrain from the “movement” elements of the game play, but can participate as a Quizzer or overall judge. Safety supports should and can include any physical, visual, or verbal support a participant may request or require from another person or item. Safe play makes great play!

MIRACLE MAZE INSTRUCTIONS



PURPOSE

The Miracle Maze was designed to stimulate motor planning while encouraging visual scanning before choosing a movement path. The primary way to use the Miracle Maze is travel between the boundaries of the walls. Participants can move turning their body or wheelchair along the way or keeping their body facing forward.



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TO START

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- 2 If they incorrectly guess the answer to the question, then they do not move forward, are not awarded any points, and they become the Quizzer.

BONUS CHALLENGES

- Attempt alternate methods such as: hopping, side stepping, backwards travel, etc.
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FLEX LADDER INSTRUCTIONS

PURPOSE

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TO START

- 1** The Mover takes a position near the edge of the mat, and is then asked a trivia question, and if they answer it correctly, they are awarded 10 points and can travel down to the end of the mat and back.
- 2** If they incorrectly guess the answer to the question, then they do not move forward, are not awarded any points, and they become the Quizzer.

BONUS CHALLENGES

- Attempt alternate methods such as: hopping, side stepping, backwards travel, etc.
- Attempt to answer 2 to 3 trivia questions before being allowed to “step / travel” forward.
- Attempt a different pathway for each of the Mover’s 4 rounds.

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NUMERAL MANIA

INSTRUCTIONS



PURPOSE

Numeral Mania was designed to stimulate cognition through number / symbol recognition, as well as enhance balance, strength, flexibility, endurance or wheelchair mobility with choice of simple or dynamic movements. In addition to the trivia, the use of rolling a die creates an element of chance and spices up the action.



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TO START

- 1** The Mover takes a position near the edge of the mat, then asked a trivia question. If they answer it correctly, they are awarded 10 points and can toss the die. They should then move to the number rolled. If the number rolled is not shown, they must roll the die again until it matches a number on the mat.
- 2** They can also choose to keep rolling and adding to the count, but should not go over "Blackjack - 21." If they do not bust then they receive an additional 10 points. If they bust then they lose all points scored in that turn.
- 3** If they incorrectly guess the answer to the question, then they do not move forward, are not awarded points, and they become the Quizzer.

BONUS CHALLENGES

- Try retrieving the die hopping, side-stepping, backwards travel, etc.
- Attempt to answer 2 to 3 trivia questions before being allowed to "step / travel" forward.

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TAKING AIM INSTRUCTIONS

PURPOSE

The Taking Aim Activity is more than just a tool - it's a game-changer in enhancing visual scanning and depth perception. This activity not only sharpens balance and eye-hand coordination skills but also challenges users to push their limits. With each use, individuals can expect to focus their attention, elevate spatial awareness, and perfect their precision.



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TO START

- 1** The Mover takes a position near the edge of the mat, and is then asked a trivia question, and if they answer it correctly, then they are awarded 10 points and can then toss the beanbag toward a desired target zone. The number that the beanbag lands on is then added to the score if they can answer a second trivia question.
- 2** If they incorrectly guess the correct answer to the question, then they do not move forward, are not awarded any points and then becomes the Quizzer.

BONUS CHALLENGES

- Attempt retrieving the beanbag using an alternate method such as hopping, side stepping, backwards travel, etc.
- Attempt to answer 2 to 3 trivia questions before be allowed to “step / travel” forward
- Attempt tossing the beanbag from a further distance, or with the opposite hand.

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AROUND THE USA INSTRUCTIONS



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PURPOSE

Around the USA is a dynamic activity designed to not only challenge your mental cognition, but also enhance your visual scanning skills, depth perception, and eye-hand coordination. Dive into the essence of the “American Spirit” as you delve into each region and state, uncovering the unique characteristics and cultural nuances that make this country truly remarkable. Engage in this immersive experience that fosters teamwork and camaraderie, making it the ultimate collaborative endeavor among all the mats.

TO START

- 1** The Mover takes a position near the edge of the mat, then asked a trivia question. If answered correctly, they are awarded 10 points and can toss the beanbag towards a desired region on the map. They now have the opportunity to name a state, a fact about the state / region, or share a personal experience if they have ever traveled there for another 10 points.
- 2** If the Mover incorrectly guesses the answer to the question, then they do not move forward, are not awarded any points and then becomes the Quizzer.

BONUS CHALLENGES

- Attempt retrieving the beanbag using an alternate method such as: hopping, side stepping, backwards travel, etc.
- Attempt to answer 2 to 3 trivia questions before being allowed to “step / travel” forward.
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