



Fitness Fortune Teller

1. Cut out the Fitness Fortune Teller on the dotted line and turn it face down.
2. Fold each corner towards the center so that the numbers and colours are facing you.
3. Turn it over and again and fold each corner into the center so that you can see the colours.
4. Fold it in half so that the colours are on the inside and the numbers are on the outside. Open it and fold it in half the other way so that there are 2 creases.
5. Put your thumb and first finger of each hand under the number flaps.
6. Close the Fitness Fortune Teller so only the numbers show.

TO USE: Pick a number and open and close the Fitness Fortune Teller that number of times. Next choose one of the colours that are visible and spell out the colour name, opening and closing the Fitness Fortune Teller for each letter. Then pick another colour that is visible and open that flap. Read what it says and complete the exercise.