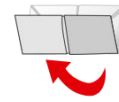
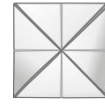
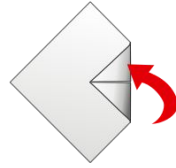
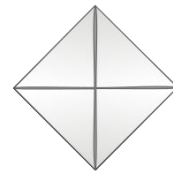
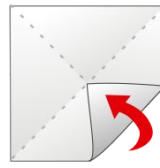


Fitness

Fortune Teller

Cut out the square below and follow the folding directions



Red

1

Push-ups

5 belly breaths

Green

2

Jumping Jacks

Wall-Sit

Yellow

7

Squats

Toe-Touches

Blue

4

Burpees

Plank

3

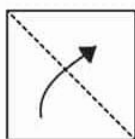
6

5

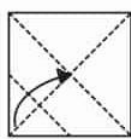
- To use the fortune teller, begin by asking someone to choose one of the four colors. If, for example, the individual chooses "Green" open the fortune teller 5 times for each of the letters in the word "green." Alternate between opening the fortune teller from up and down to left and right. After opening the fortune teller five times as described, 4 numbers on the inside should be visible.
- Ask the individual to choose one of the 4 displayed numbers. As before, open the fortune teller the number of times corresponding to the number the individual chose.
- When you are done, the same set of 4 or a new set of 4 numbers will be visible. Ask the individual to choose a number again. This time, lift the flap to expose the hidden message under the selected number. Read the fortune out loud. Have the individual complete the action.

Create Your Own

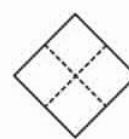
with the back side up, fold from corner to corner, making a triangle



fold one corner to the center of the square, where the two diagonals meet.



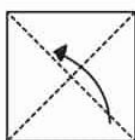
turn your paper over.



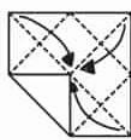
fold and unfold the square in half horizontally.



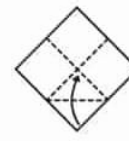
open up the paper (back facing up again) and fold from corner to corner in the opposite direction.



repeat this with the other three corners.



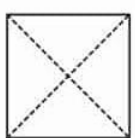
fold the corner to the center of the square, where the two diagonals meet.



fold and unfold the square in half vertically.



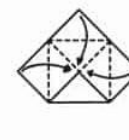
unfold your paper; you'll have a giant X creased into your paper.



this is what your paper will look like. Your square should be getting smaller.



repeat this with the rest of the corners. Your square will be smaller.



you'll have creases that look like this:



turn over & slide your fingers under the flaps and push the outer corners to the middle.

