**CREATE CARDIO CHALLENGES FOR EACH CARD IN THE DECK.**

**NEXT — DRAW A CARD AND COMPLETE A CHALLENGE.**

|  |  |
| --- | --- |
| **Card** | **Exercise** |
| Ace | 1 |
| 2 | 2 |
| 3 | 3 |
| 4 | 4 |
| 5 | 5 |
| 6 | 6 |
| 7 | 7 |
| 8 | 8 |
| 9 | 9 |
| 10 | 10 |
| Jack | 15-second |
| Queen | 15-second |
| King | 15-second |

***Answer this question…***

*Cardio is the TYPE of activity. What are the health benefits of cardio activities?*