





Need help deciding on an activity to get you moving? Roll the Start Playing Stay Playing dice and get active today.

Step 1: Print it, cut it, glue it and you're one step closer.

Step 2: Pick an activity card or make your own, roll the dice and get moving. Solo, with friends or even at work, it doesn't matter, just get rolling.

2

 /startplayingstayplaying
 @startplayingstayplaying

3

start **playing** stay **playing**



6

4



5

1



Queensland
Government



Because

#IFITMOVESYOUITIMPROVESYOU

1

Take the stairs

2

Waterbottle lunges

3

Lunchtime power walk

4

Desk Push-ups

5

Stand-up Sit-down Repeat

6

Wall sit

Time? What time?

www.jointhemovement.qld.gov.au



Because

#YOUNGEYESAREWATCHING

1

Plank with your baby

2

Kiss-ups

3

Bicep baby curls

4

Baby squats

5

Dance

6

High chair lunges

Busy mum?

www.jointhemovement.qld.gov.au



Because

#JUSTBECAUSE

1

Park run

2

Bush walk

3

Rock climb

4

Kayak

5

Paddleboard

6

Circus sports

Seeking Adventure?

www.jointhemovement.qld.gov.au



Because

#IMAKEITWORKFORME

1

2

3

4

5

6

Make your own.

www.jointhemovement.qld.gov.au