

Big Game Challenge

Get off the couch and into the action



Want to shake up your next football watch party? Skip the drinking games and try an exercise challenge instead. These exercises, from Sharp Coronado Hospital personal trainer Cliff Bardelli, build body strength while celebrating your favorite team's victories.



How to play:

Do the exercises that correspond to the game events below:

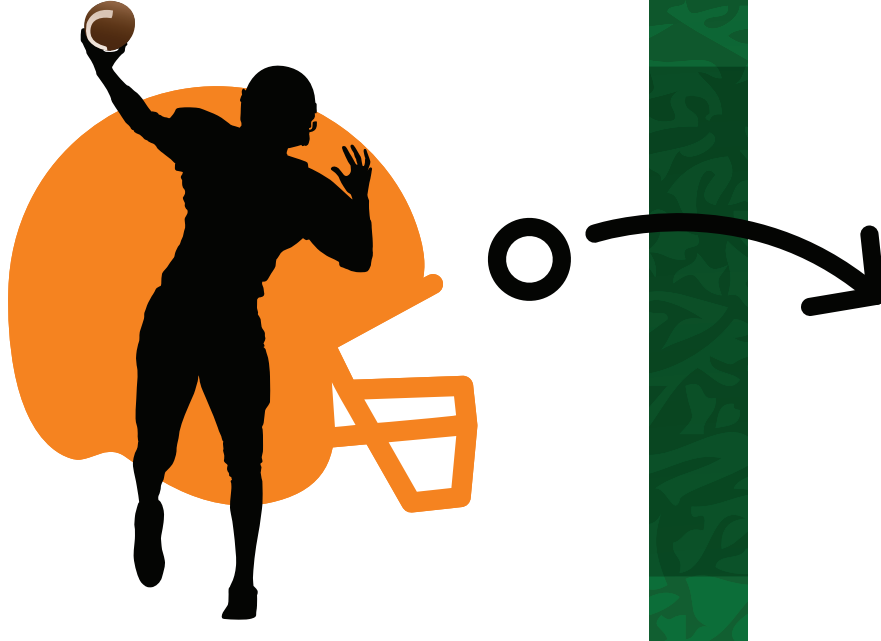
Your favorite team scores a touchdown.



Do 6 body weight squats.



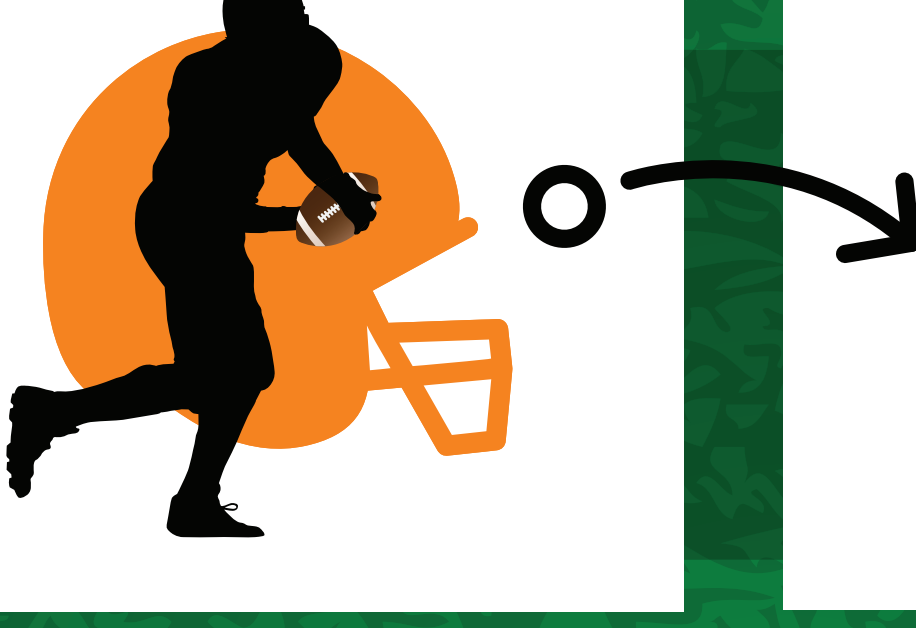
The opposing team scores a touchdown.



Do 12 body weight squats.



Your favorite team fumbles or throws an interception.



Do 25 jumping jacks.



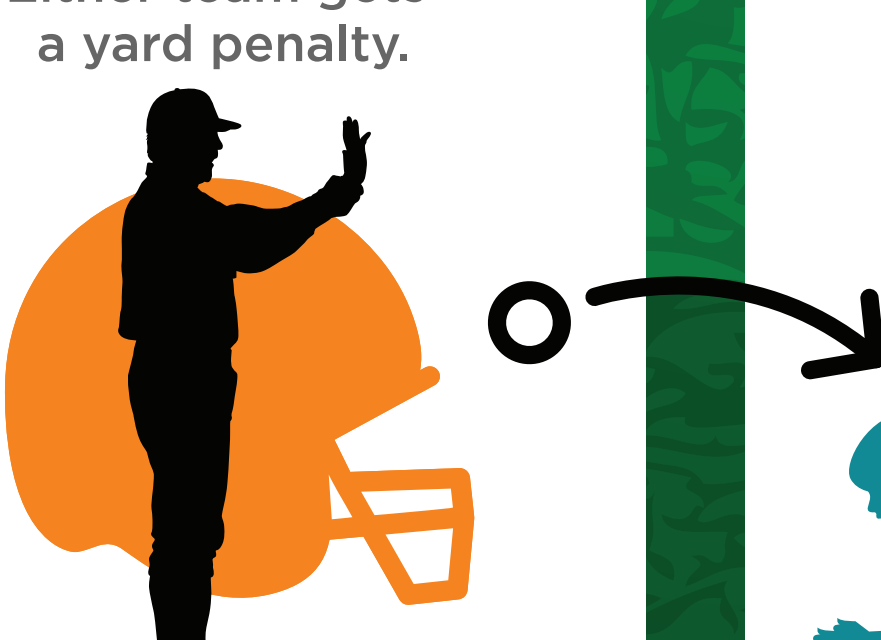
Your favorite team is forced to punt.



Jog in place for 30 seconds.



Either team gets a yard penalty.



Hold a 15-second forearm plank for each 5 yards.



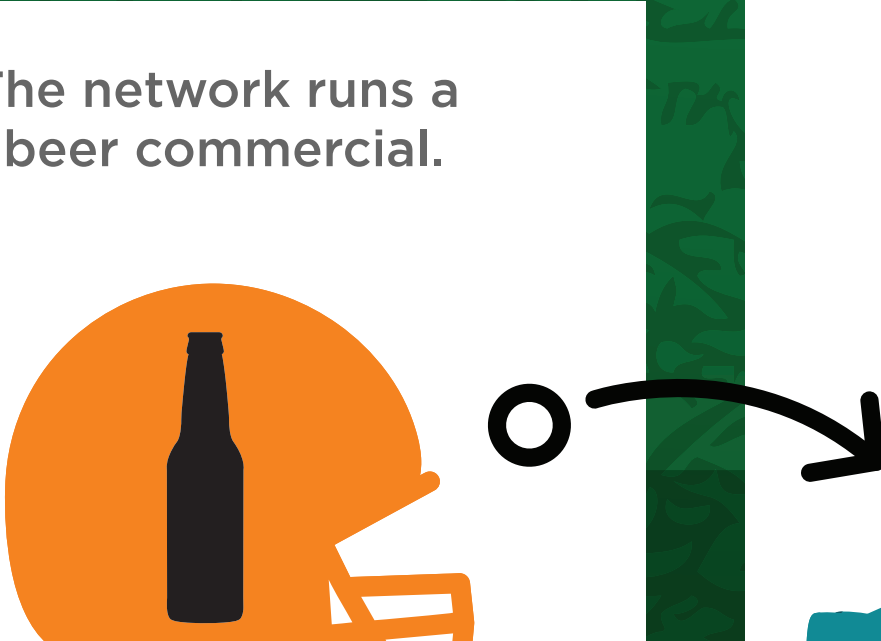
Either team takes a timeout.



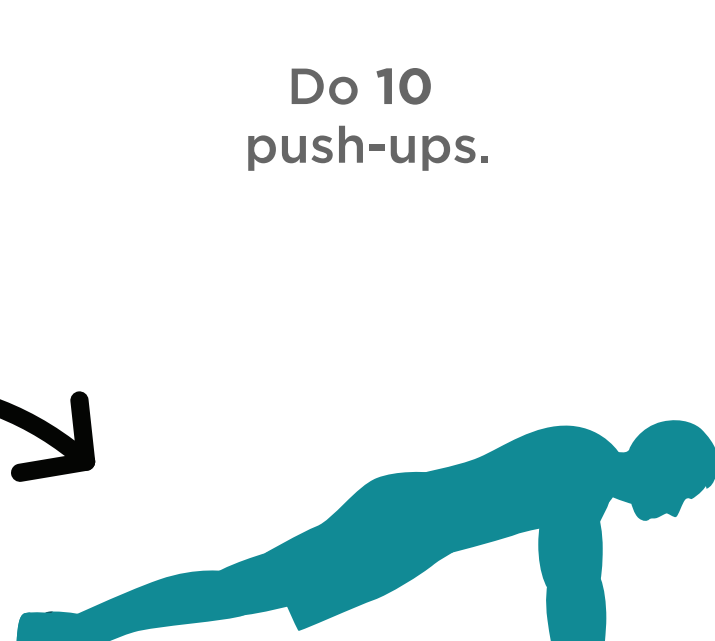
Do 10 reverse lunges.



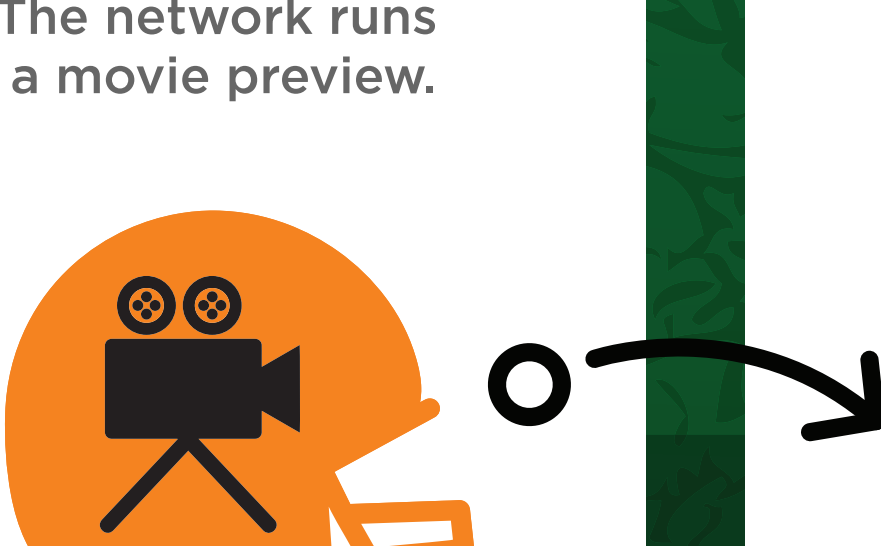
The network runs a beer commercial.



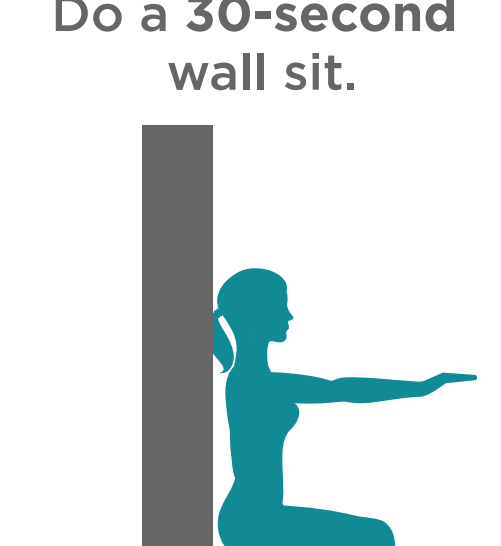
Do 10 push-ups.



The network runs a movie preview.



Do a 30-second wall sit.



Victory round

Fans of the losing team: Strap on your running shoes and do a 30-minute walk or jog.

From the expert

"These game time ideas can help keep you and your party-goers engaged and fit. But if an exercise challenge isn't in the cards, get a good, full-body workout during the pregame."

— Cliff Bardelli, exercise specialist and personal trainer at the Sewall Healthy Living Center at Sharp Coronado Hospital

