

Fitness Friends Everywhere

Walk, meet someone, move together, swap names — then do it all again with someone new.

SCAN TO SEE IT PLAYED



The core game

How it works

- 1 Everyone spreads out and walks freely around the space — no talking yet, just moving.
- 2 When you come close to someone, stop, make eye contact, and do a fitness action together (e.g. five high-fives, three jumping jacks side by side, or a double fist-bump squat).
- 3 After the action, say your own name clearly and listen to the other person's name — repeat it back to them.
- 4 Move on and find the next person. Keep going until you have met everyone in the group.

Ways to play

Two versions for every occasion

Way 1 — Classic Fitness Friends

Best for 6+ players · Open space, first session or icebreaker

- Everyone walks around the space freely in silence.
- When two players meet, they choose or are given a fitness action to do together — star jumps, high-fives, a squat and stand, or a silly handshake.
- After the action, both say their names out loud and repeat the other person's name back.
- Move on and meet the next person, continuing until everyone has met everyone else.
- Finish by standing in a circle and going around saying one name you remember from the warm-up.

Way 2 — Family Favourites (Home Version)

Best for 3-8 players · Living room, garden, or family gathering

- Each player writes one fitness action on a slip of paper and puts it in a bowl.
- Walk around the space and when you meet someone, draw a slip from the bowl and do that action together.
- Instead of names (you already know each other!), share one thing you like — a food, a film, or a hobby.
- Keep going until the bowl is empty, then sit together and see who can remember everyone's favourite thing.

TIP FOR PARENTS

Try this at home

Make the fitness actions as fun and ridiculous as possible — the sillier the move, the better the memory anchor. Encourage your child to invent their own greeting action; taking ownership of even a small detail builds their sense of belonging in the group.

THE SCIENCE OF
PLAY

Why it works

Pairing movement with social interaction and name recall uses multiple memory systems at once — the physical action creates a sensory anchor that makes names easier to remember. Starting a session this way also lowers social anxiety, because everyone is equally active and slightly out of breath, which levels the playing field and encourages openness.

SCHOOL ' HOME

The connection

Your child used this game at school to learn classmates' names and get moving at the same time — try it at your next family gathering or birthday party to get everyone mixing from the very first minute.