

## **Muscle Mania**

Fun family activity

**Equipment Needed:** 10 to 15 balloons (see modifier)

### **How to play:**

Give each player 10 to 15 balloons, a crazy hat, and sun glasses. Each player is to blow up the balloons and stuff themselves to create the perfect body.

After everyone has stuffed themselves, have a Pose Down between family members. Don't forget to take pictures or video.

### **Modifier:**

If you don't have balloons, allow each player to have the same amount of cloths, pillows, towels, etc. This levels the playing field to see who comes up with the best muscled pose.