

WHAT IS YiYO JUNIOR?

YiYO JUNIOR involves matching the **Yi** (energy in) of a food item or meal with the equivalent **Yo** (energy out) of a familiar physical activity.



The act of matching the cards helps children appreciate the amount of energy they consume and the effort required to move the energy back out.

ENERGY MANAGEMENT

Children should be encouraged to establish healthy lifestyle habits as early as possible. They learn lifestyle culture from watching and listening to their parents and close family.

Weight problems and lifestyle-related illness result from sustained energy imbalance over a period of time – too much **Yi** and not enough **Yo**!

30 minutes to 1 hour of challenging physical activity every day promotes general wellbeing and natural weight regulation. Exercise also improves quality of sleep and reduces stress.

NOTE: Refer to the **ESTIMATED ENERGY REQUIREMENT (EER)** and **BASAL METABOLIC RATE (BMR)** energy chart and information included with the game.

Do I really have to do 1.5 hours of Martial Arts to burn off a bowl of Spaghetti Bolognese with Garlic Bread?

No. It is not necessary to 'burn' your **Yi** entirely through physical activity.

You use around 70% of your **Yi** just staying alive! It keeps your heart beating, your lungs breathing, your eyes blinking and your brain thinking.

The rest of your daily **Yi** should be used to power physical activity to keep your bones and muscles active and healthy. Physical activity can be anything from rock climbing to vacuuming.

The human body is designed to move! If you ignore this fundamental fact, your body will store the 'unburned' **Yi** as fat and, over time, you will put yourself at risk of lifestyle illness.

The **YiYO** cards can be used in many ways:

- Children can play 'Fish', 'Snap' or 'Memory' games with friends and family.
- Parents can educate their children when preparing food at home or while out shopping.
- Teachers can use the cards as a numeracy or literacy tool, and to support nutrition and lifestyle education.
- Health professionals can use the cards in their practice to demonstrate and promote healthy lifestyle balance.

The **Yi** cards are colour coded to provide a visual representation of the energy density of the foods:



Low density =
EAT MOST
(most meals)



Medium density =
EAT MODERATE
(5-7 serves per week)



High density =
EAT SOMETIMES
(2-3 serves per week)

The energy values on the cards are based on the best clinical data available and, to the extent of the disclaimer below, reflect the actual energy values of a variety of foods and activities.

DISCLAIMER

Energy requirement and output varies greatly between individuals depending on age, gender, weight, height, fitness and health.

The **Yi** values are based on 75% of the standard serving size recommended by the Australian National Health and Medical Research Council (NHMRC). The **Yo** values are based on the energy output of a healthy 10 year old 40kg male with low fitness.

Energy values have been rounded up or down for game play purposes. The **YiYO** values should not be relied upon for dietary or medical advice.

BALANCE GAME

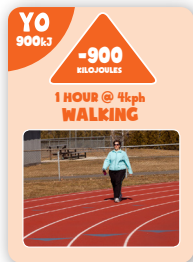
HOW TO PLAY: 2-4 PLAYERS

The aim of the game is to match a **Yi** (energy in) card with a **Yo** (energy out) card with the same value to make a 'balanced' **YiYo** pair.

NOTE: The **Yi** cards are **GREEN, GOLD** or **PINK** while **Yo** cards are always orange.

- Shuffle all the **YiYo** cards together.
- Deal 8 cards to each player and put the rest of the pack face down on the table.
- Before play begins, each player checks their hand for matching **YiYo** pairs and puts them together on the table as shown.
- Player 1 starts by asking any player for the **opposite** card to what they have in their hand e.g. If Player 1 has a 700 **Yo** (energy out) card in their hand, they must ask Player 2 for a 700 **Yi** (energy in) card.
- If Player 2 has the card they want they must give it to Player 1 so they can make a pair.
- Player 1 may continue to request cards from other players until they are unsuccessful and are asked to '**YiYo**', which means Player 1 must take a card from the pack and it is the next player's turn.

NOTE: If Player 1 picks up a matching card when they **YiYo** they can make a pair, but they do not get another turn.



BALANCE GAME CONTINUED

- The game ends when any one player matches all their cards or gives away their last card.
- The player with the most matched pairs wins.

FOR YOUNGER CHILDREN: Consider playing 'open hand' where all players lay their cards face up on the table in front of them so a matching card can be easily found by other players.

NOTE: If a player hands out all their cards to others without making a pair themselves, they may pick up 8 more cards from the pack and continue playing.

MEMORY GAME

HOW TO PLAY: 2 OR MORE PLAYERS

- The aim of the game is to remember the cards that other players have turned over so you can make a match. You can make either a 'balanced' pair or a 'same' pair.

BALANCED – match a **Yi** and a **Yo** card with the same value

SAME – match two **Yi** OR two **Yo** cards with the same value

- Shuffle all the **YiYo** cards together.
- Lay all the cards face down either randomly or in a grid pattern.
- Player 1 turns over two cards to try and make a pair. If there is no match they turn them back over and the next player takes their turn.
- If a player makes a pair, they put it to one side and have another turn.
- The player with the most pairs wins the game.

IS THERE A YiYo SENIOR?

YES! There is a **YiYo** game for grown ups which more challenging and competitive. For more information go to: yiyo.com.au

