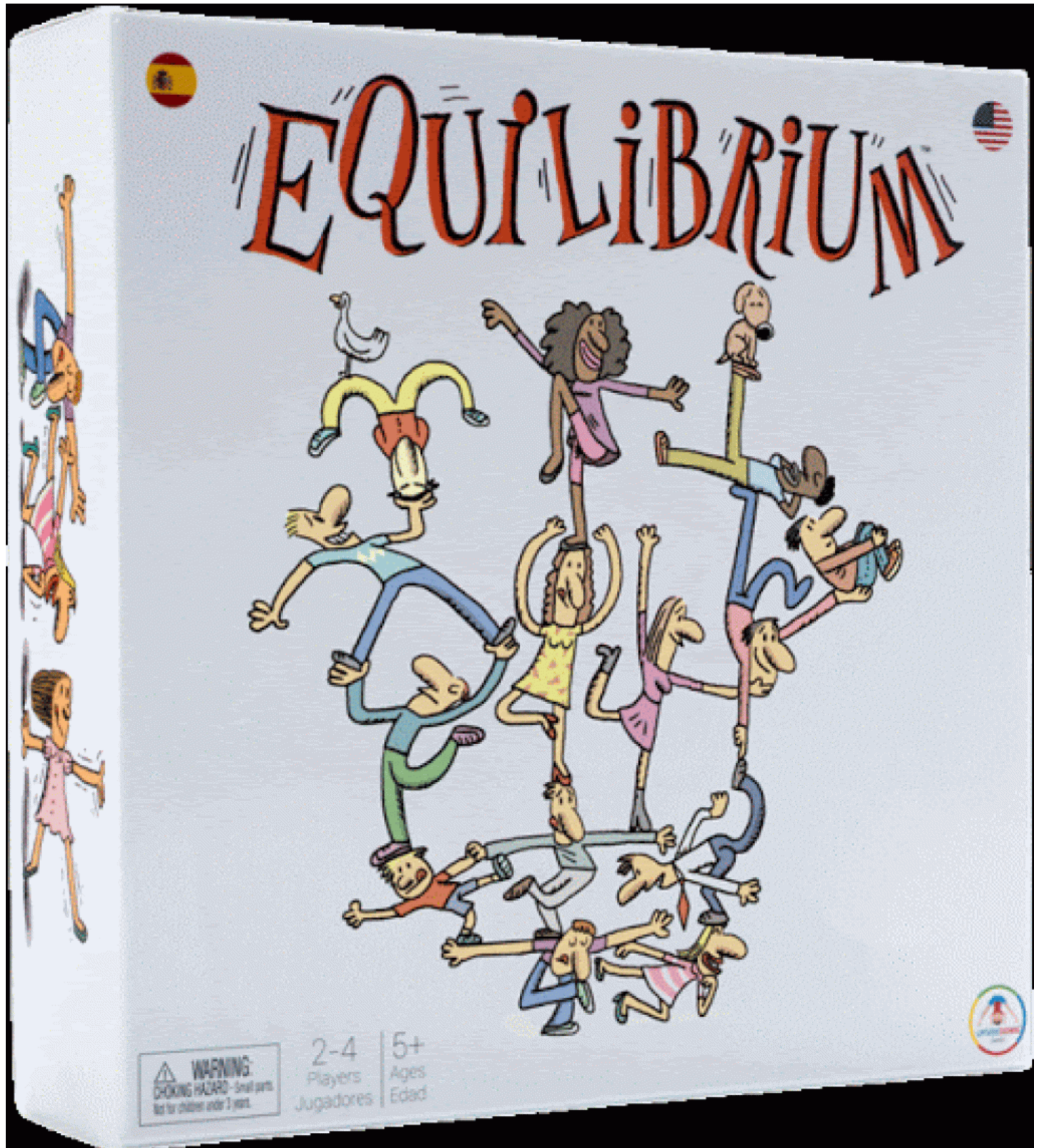


## Finally, a Fun Way to Break Out of a Sedentary Lifestyle

Award-winning manufacturer Upside Down Games is launching Equilibrium, the first board game that makes getting healthy fun, while learning poses from yoga, fitness, ballet, and martial arts.



**Seal Beach, Jun 30, 2019 ([IssueWire.com](http://IssueWire.com)) - Children are spending way too much time in front of screens**, says the American Heart Association (AHA), and it's urging parents to drastically cut the hours their kids are allowed to use their phones, computers, tablets and video games.

**Children** spend an **average** of more than seven hours a day looking at screens. Research has linked screen time with an increased amount of sedentary behavior in kids and teens. The new warning from AHA recommends parents limit **screen time for kids** to a maximum of just two hours per day.

Just in time to address this issue, award-winning manufacturer Upside Down Games is launching **Equilibrium**, a brand-new family game designed to get kids, parents, grandparents, friends, and neighbors **up and moving their bodies**.

Cards (drawn by renowned Argentinian cartoonist TUTE), feature poses from yoga, fitness, ballet, and martial arts. Choose a card, then spin the spinner to determine whether you'll perform the pose solo, in a dual challenge, with your eyes closed, or with the included bird balanced on your forehead. Roll the dice to see how long you must hold the pose. Complete the challenge – without falling down laughing – and keep the card. Collect one card of each color first and you win!

Families resolving to unplug, get healthy, and spend more time together can start by purchasing Equilibrium game on Kickstarter beginning July 22, 2019.

For more information please visit <https://landing.equilibriumgame.net/campaign>

Email [press@equilibriumgame.net](mailto:press@equilibriumgame.net)

## About

Matías (Matt) Gutiérrez Moyano founded Upside Down Games with Juan Descalzo in 2008. Matt studied law at the University of Buenos Aires, Argentina, graduating in 1988, and received a master's degree in Management of Non-Profit Organizations from the University of San Andrés, Argentina in 2004. The company develops board games designed to help people establish life-long healthy habits based on physical exercise and social commitment.

## Media Contact

Upside Games

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See on IssueWire : <https://www.issuewire.com/finally-a-fun-way-to-break-out-of-a-sedentary->

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