1. Start at heart
2. Roll die
3. Part of your first roll includes going into the lungs and picking up an oxygen card. Go back to heart and then move anywhere in the body to drop off your oxygen. Travel back to heart and repeat process. The winner is the first person to deliver oxygen to all 4 parts of the body.
4. Landing on a W space means that you must take a waste card. Once you have 3 waste cards you must move to the kidneys to drop them off, no matter where you are in the body.