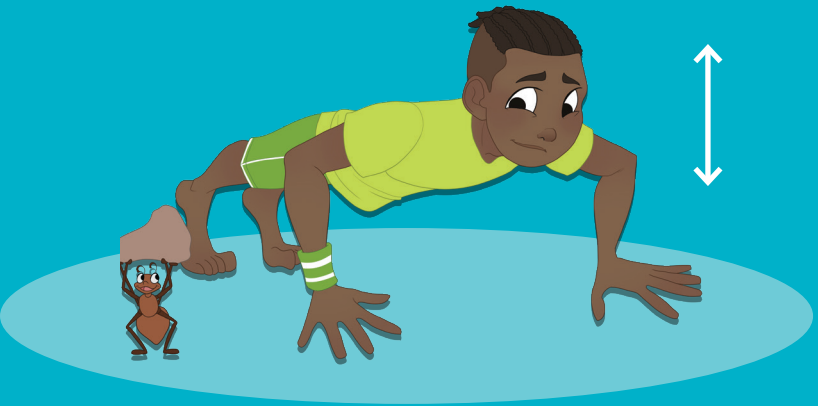


Ant Strength Training

How many push-ups you can do?

Ants can lift objects much heavier than their own bodies. Can you lift your own body weight?



Grasshopper Long Jumps

Try a long-jump and see how far you can go!

Grasshoppers can jump 20 times the length of their own body.



TRACK your hike at kidsinparks.com and get **FREE** prizes!



Thanks for joining us today!

Visit our website to find more TRACK Trail™ adventures near you!



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Animal Athletes

Are you ready to exercise like an animal? Follow this brochure through different animal exercises and become an animal athlete!



Kids in Parks is a program of the



CAUTION: These exercises should only be performed with adult supervision.

■ Hummingbird Hand-swings

How many wing-flaps can you do in 30 seconds?

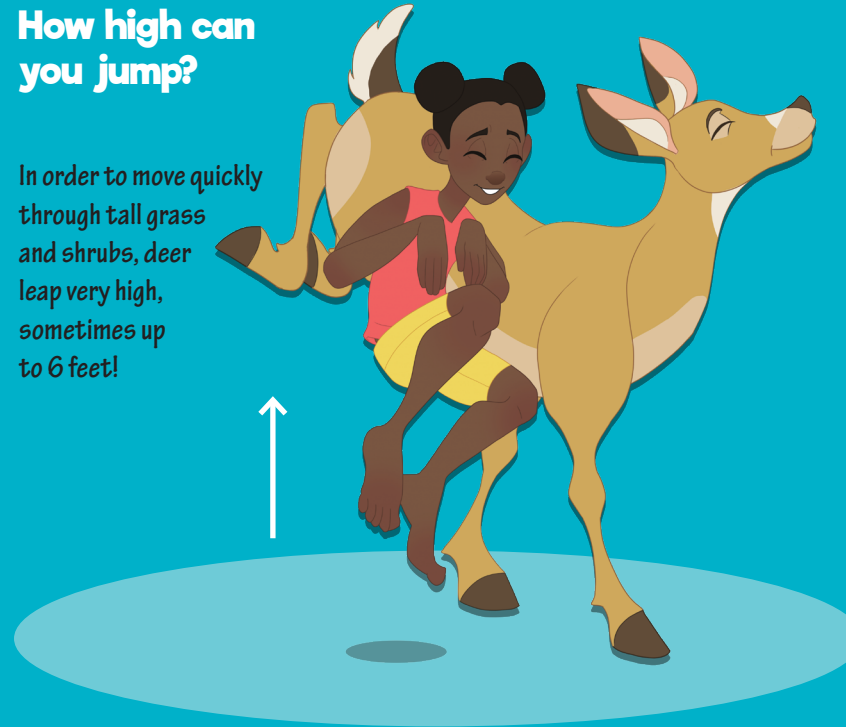
Hummingbirds flap their wings over 50 times per second, or 1500 times every 30 seconds.



■ Deer High Jump

How high can you jump?

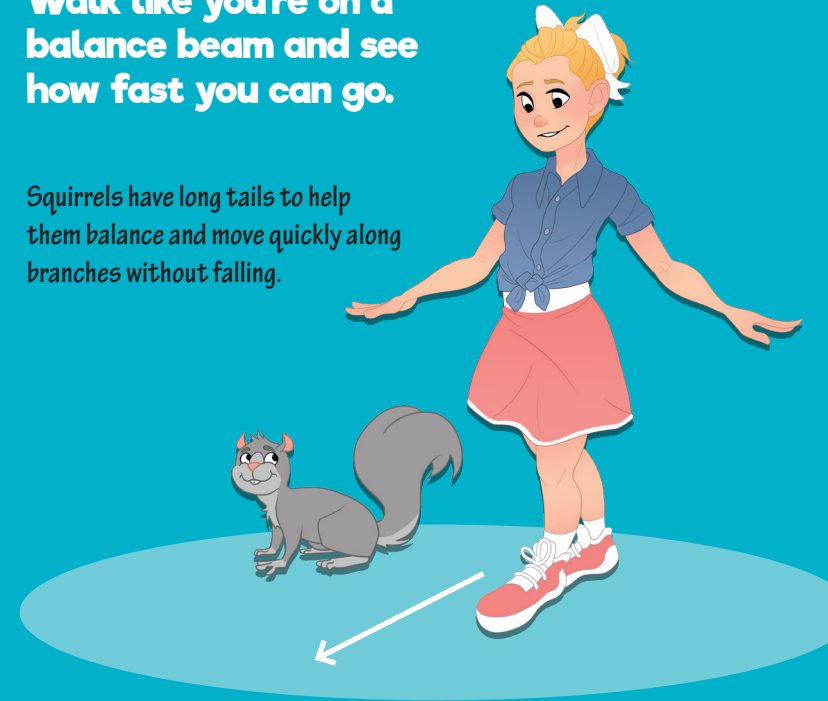
In order to move quickly through tall grass and shrubs, deer leap very high, sometimes up to 6 feet!



■ Squirrely Balancing

Walk like you're on a balance beam and see how fast you can go.

Squirrels have long tails to help them balance and move quickly along branches without falling.



■ Frog Hop

Hop like a frog escaping a predator!

Frogs use their strong back legs to hop away from predators such as snakes and herons.



■ Hawk Stance

How long can you balance on one leg?

To conserve heat and energy, birds of prey sometimes perch on one leg for hours at a time.



■ Rabbit Dash

Run in a zig-zag until you find a tree to hide behind.

When being chased by predators, rabbits sprint in a fast zig-zag pattern until they find cover.

