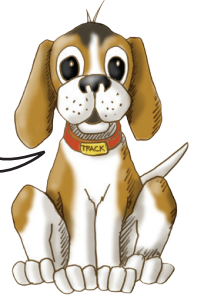




Animal Athletes

Wild animals are some of the world's greatest athletes, able to perform amazing physical feats. On your next hike, try some of the following animal exercises!



Hummingbird Hand-swings

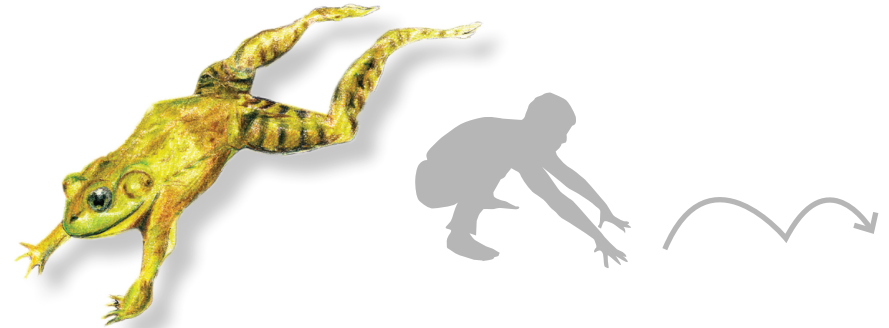
Look for ruby-throated hummingbirds feeding on flowers around woodland edges and fields. Hummingbirds flap their wings over 50 times per second! 50 wing-beats per second equals 1500 wing-beats in 30 seconds.



How many times can you flap your "wings" in 30 seconds?

Green Frog Hop

Listen for the "gunk!" sound of the green frog around ponds and streams. Green frogs make a tasty snack for predators such as snakes and herons. To escape quickly, frogs use their strong back legs to hop away.



Pretend you're being chased by a predator and hop like a frog down the trail.

White-tailed High Jump

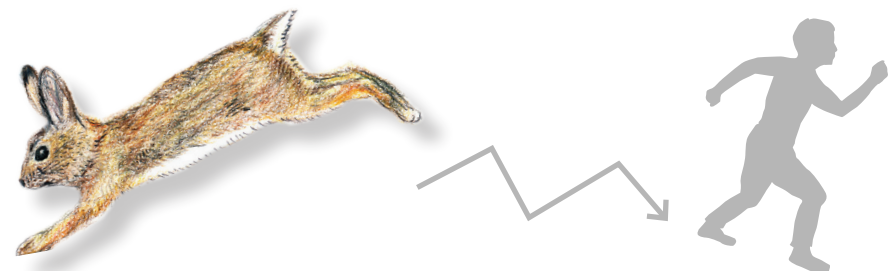
Keep your eyes and ears open for white-tailed deer in the woods and meadows. In order to move quickly through the tall grasses and shrubs, white-tailed deer leap very high — sometimes over 6 feet in the air!



How high can you leap straight up in the air?

Cottontail Dash

Watch for cottontail rabbits feeding in grassy areas. Rabbits are a favorite food of coyotes, foxes and hawks. When being chased, rabbits sprint in a fast zig-zag pattern until they find cover.



Sprint down the trail in a zig-zag until you find a tree large enough to hide behind.