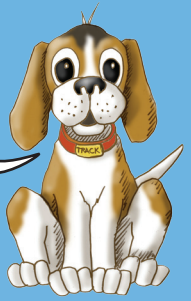




# Animal Athletes

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



## 1. Turkey Vulture Flaps

Turkey Vultures are usually found in groups circling over tree lines, mountain ridges and farm fields. Turkey Vultures have a wingspan of 6 feet! Their large wings and powerful flapping allow them to stay aloft for hours while scavenging for their next meal.



Flap your wings like a vulture as hard as you can for 30 seconds.

## 2. Squirrely Balancing

Can you spot any Gray Squirrels playing in the trees? Squirrels have long tails to help them balance and maneuver quickly through the branches without falling.



Walk quickly in a straight line, placing one foot directly in front of the other for 20 steps.

## 3. Heron Stance

You can often see Great Blue Herons standing by the water's edge with one leg drawn up to rest and conserve heat. The heron's long toes allow it to balance on one leg for hours at a time.



Stand by the edge of the trail and see how long you can balance on one leg, then the other.

## 4. Brown Bat Tag

Little Brown Bats will begin to emerge from hibernation in spring and come out at sundown to hunt for flying insects. Bats are very agile in flight, able to circle and swoop very quickly in order to dodge obstacles and catch bugs.



take turns playing tag with a partner, and try to dodge and circle like a bat!