

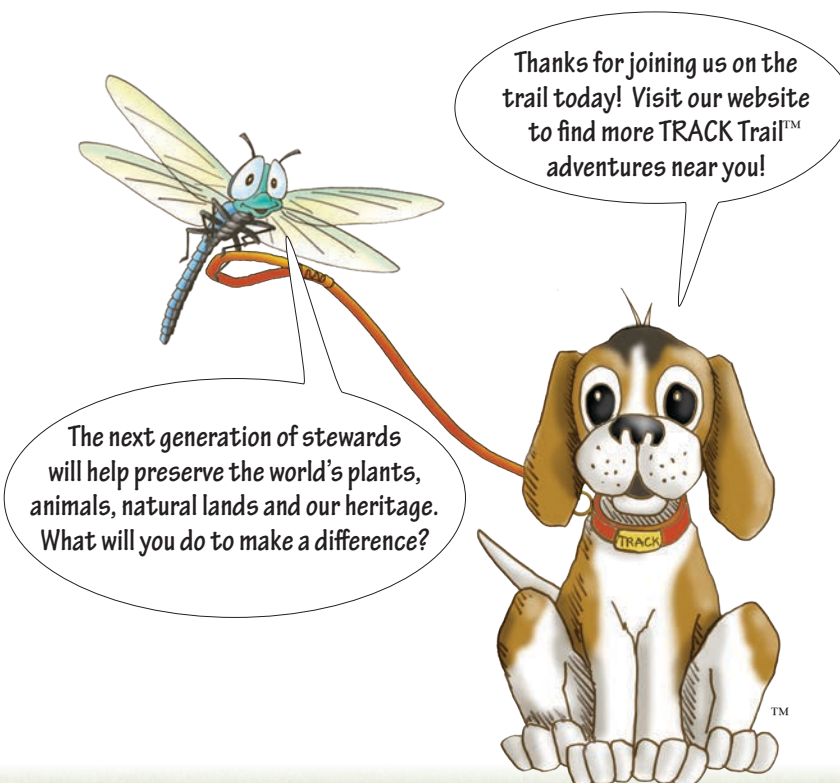


- ☐ Play in your backyard
- ☐ Go for a run or ride a bike
- ☐ Play a sport or other game outside
- ☐ Explore a trail or green space near home
- ☐ Go for a hike on a TRACK Trail

After you complete your adventure, log in to www.KidsInParks.com and register the Rx code below to earn a free prize in the mail. Then, visit other TRACK Trail locations and log your adventures online to earn even more free prizes!

Rx Code: TRACKRXNC

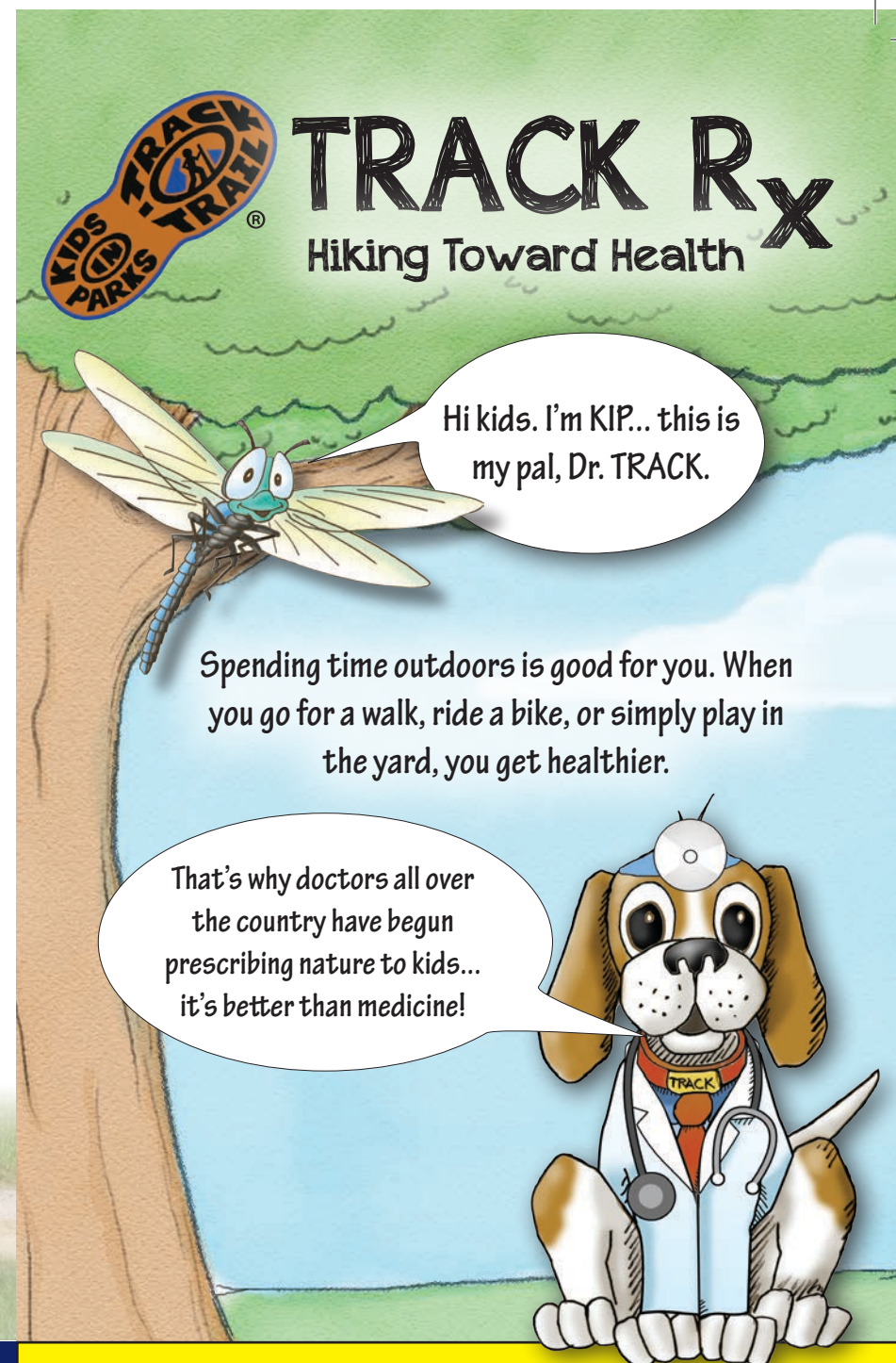
TRACK your hike at
kidsinparks.com
and get **FREE** prizes!



Kids in Parks...
Providing a network of fun-filled adventures that get kids and families active outdoors and connected to nature.



Kids in Parks Founding Partners

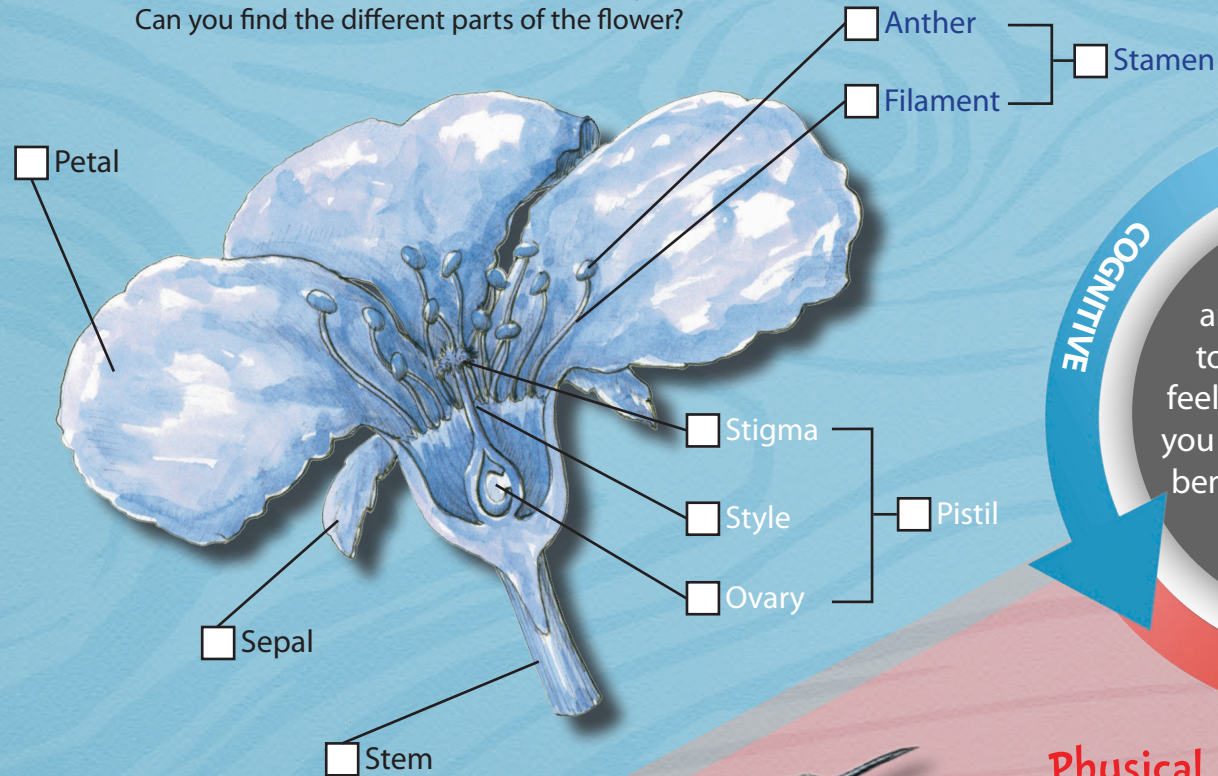


KIP and I created a network of trails designed for kids and families called TRACK Trails. Each trail has self-guided adventures you can do to make discoveries and have fun! This is our TRACK Rx Adventure. It combines several of our trail brochures into one. You can do it in your backyard, schoolyard, park, or along an official TRACK Trail.

Cognitive Health: Train Your Brain

When you spend time outside, you see, hear and smell things.
You make discoveries: crystals in a rock, a bird singing a song, or
wildflowers blooming... and you improve your cognitive health!
(you become smarter!)

Let's make some discoveries about flowers!
Find a flower... Smell it. Look at it closely.
Can you find the different parts of the flower?



Doctors know that spending time in nature can
help your muscles grow stronger, your brain
become smarter, and make you feel better
about yourself. This brochure has activities to
strengthen all three areas of health.



Emotional Health: Serene Green

Studies show that simply viewing pictures of nature can
reduce stress levels and improve emotional health...
Imagine what spending time outdoors can do!

In this activity, take fifteen minutes to relax
and observe the trees around you. Can you
find these types of trees? How many other
shades of green make up the scene?

White Oak ☐



Red Maple ☐



White Pine ☐



Physical Health: Active Lifestyle

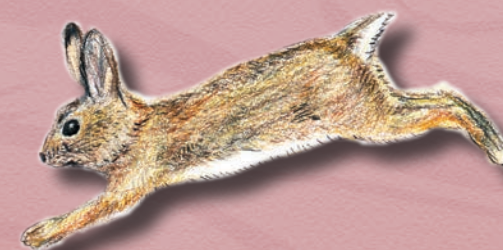
When you go for a walk, hike, bike ride, or run
around, your heart beats faster, your muscles work...
and you improve your physical health!

During your adventure, discover how athletic
animals train by doing a few of their 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!

How many times can you flap your arms in 30 seconds?



☐ 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 large tree to hide behind.

