

■ 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!



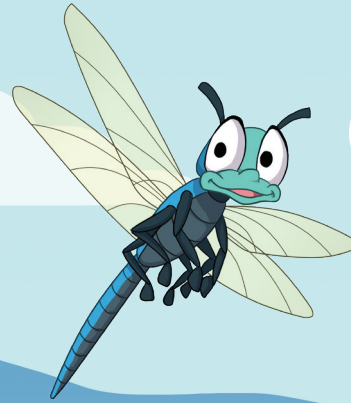
■ Rabbit Dash

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.



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



Thanks for joining us today!

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Kids in Parks is a program of the

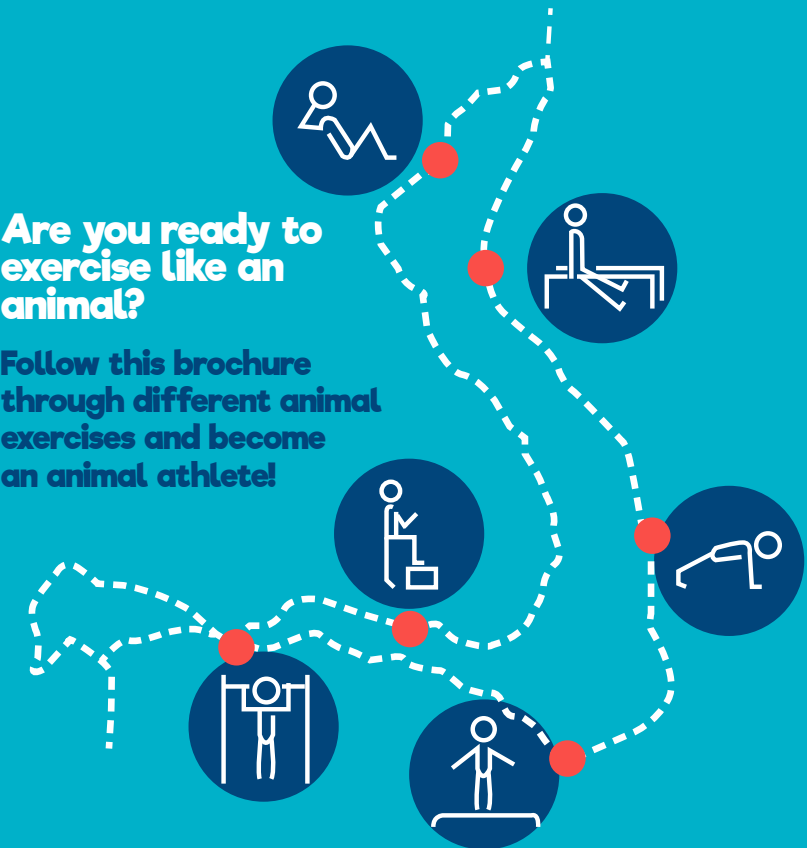


Animal Athletes

Massey Branch Fitness Trail

Are you ready to exercise like an animal?

Follow this brochure through different animal exercises and become an animal athlete!



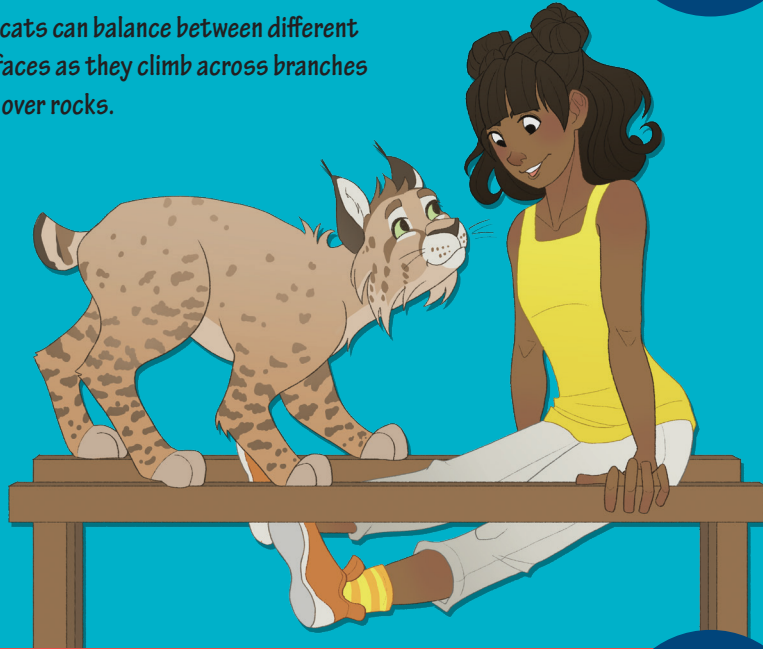
CAUTION: These exercises should only be performed with adult supervision.

■ Bobcat Prowl



How long can you hold yourself up with your hands? How far can you "walk?"

Bobcats can balance between different surfaces as they climb across branches and over rocks.



■ Raccoon Curl-up



Keeping your feet flat, bring your upper body toward your knees.

Raccoons have flexible core muscles to assist them with walking upright when they use their front paws to carry objects like food.

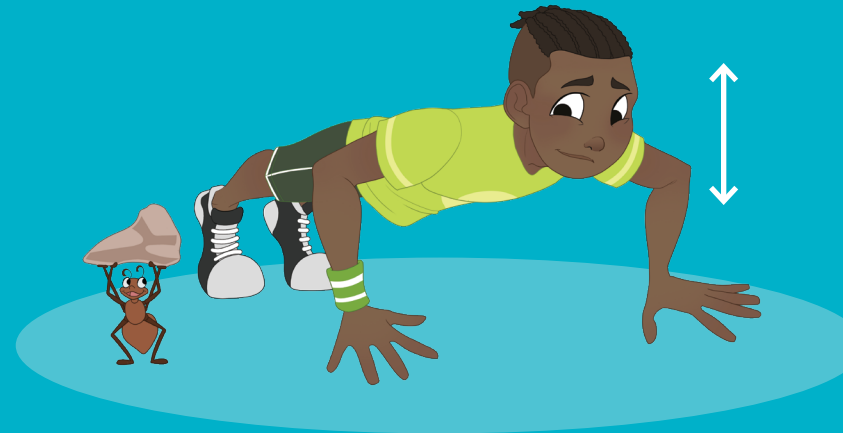


■ Ant Strength Training

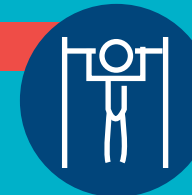


How many push-ups you can do?

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



■ Opossum Pull-up



Can you pull yourself up to the bar using your arms?



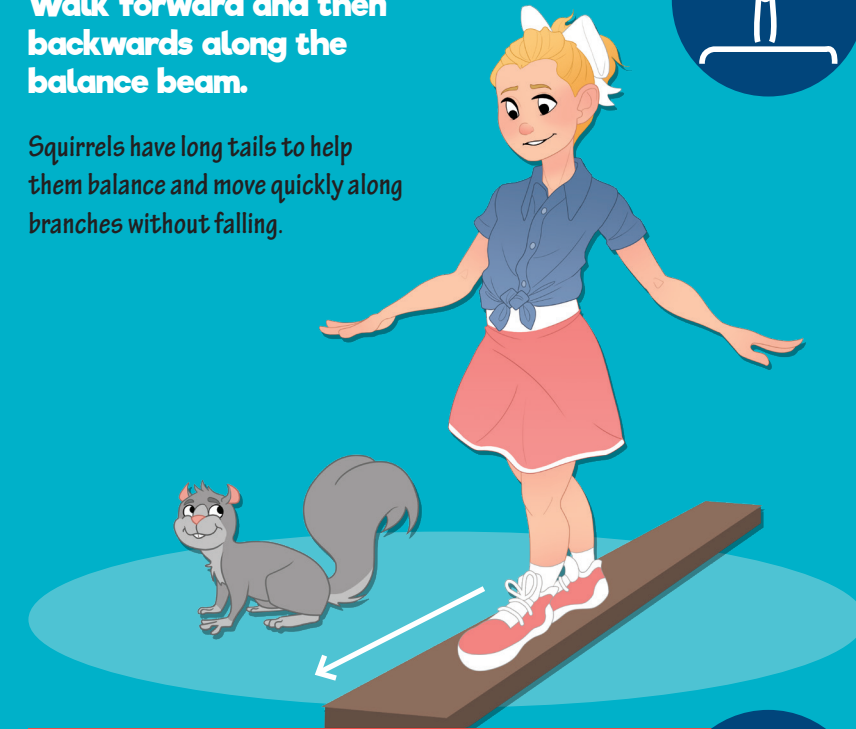
Opossums do a lot of climbing. They have strong legs as well as prehensile tails to help them grab branches.

■ Squirrely Balancing



Walk forward and then backwards along the balance beam.

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



■ Turkey Legs



Lift yourself up on the box with one leg and then lower yourself back down.

Turkeys do more walking than flying. They also use their strong legs to help fend off predators.

