



# Animal Athletes



## Crifter Cardio for Kids

Wild animals are some of the world's greatest athletes, able to perform amazing physical feats. Are you ready to exercise with the animals of the forest? This brochure will show you how different animals move and guide you through eight animal exercises you can do as you hike the trail.

**CAUTION: These exercises should only**

### White-tailed High Jump

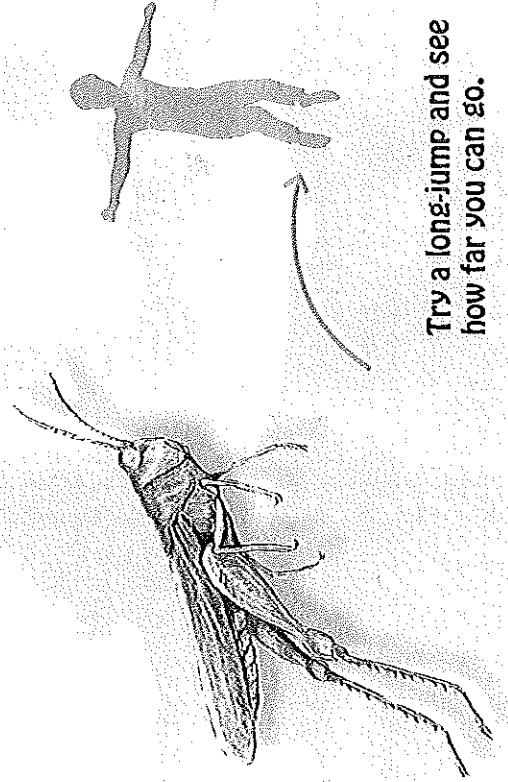
Keep your eyes and ears open for white-tailed deer in the woods and meadows. In order to move quickly through the tall grasses and shrubs, white-tailed deer leap very high — sometimes over 6 feet in the air!



How high can you leap straight up in the air?

### Grasshopper Long Jump

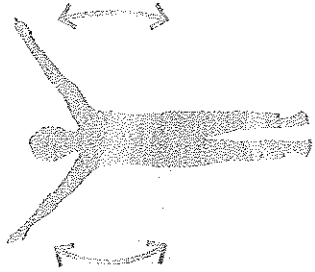
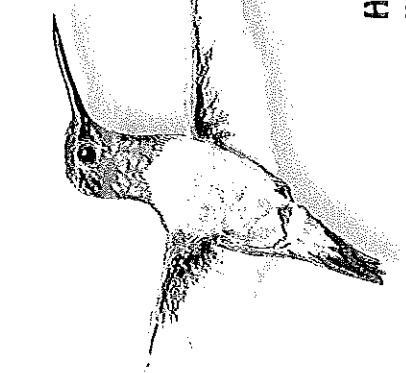
You may glimpse grasshoppers in areas with short grass or gravel. Grasshoppers can jump 20 times the length of their own body. If you could do that, you would be able to jump almost 100 feet!



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

### Hummingbird Hand-swings

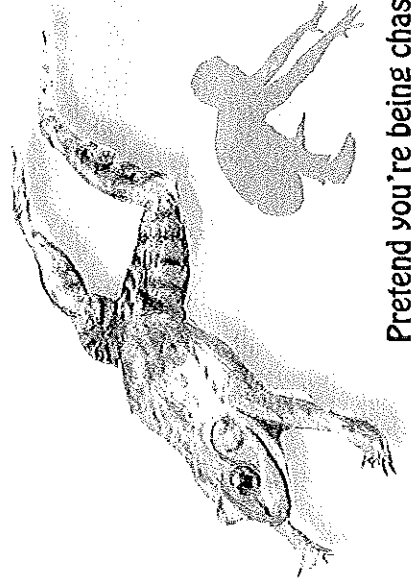
Look for ruby-throated hummingbirds feeding on flowers around woodland edges and fields. Hummingbirds flap their wings over 50 times per second! 50 wing-beats per second equals 1500 wing-beats in 30 seconds.



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

### Green Frog Hop

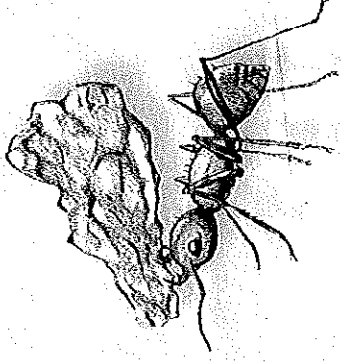
Listen for the "gunk!" sound of the green frog around ponds and streams. Green frogs make a tasty snack for predators such as snakes and herons. To escape quickly, frogs use their strong back legs to hop away.



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

### Ant Strength Training

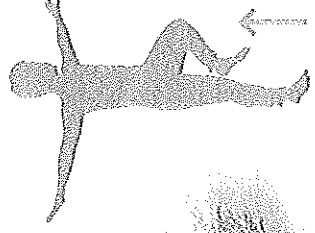
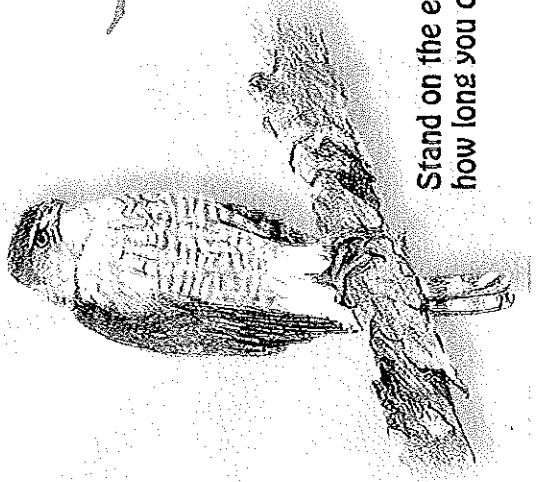
Ants are very strong insects, able to lift objects much heavier than their own bodies. Can you lift your own body weight? An easy way to find out is by doing push-ups.



Find a clear, safe spot on the trail and see how many push-ups you can do!

### Hawk Stance

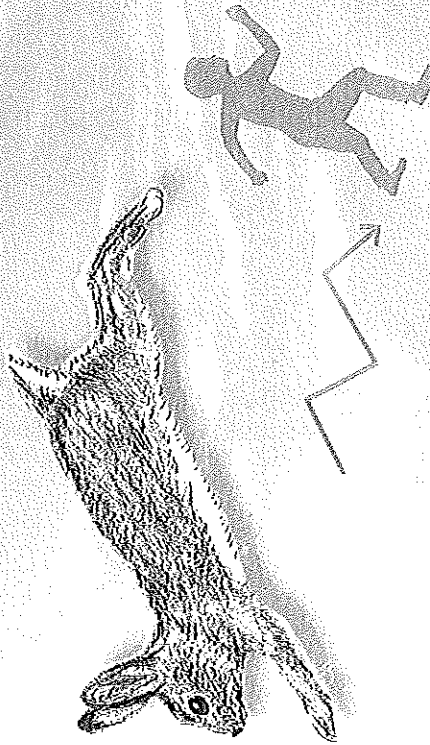
To conserve heat and energy, birds of prey such as sharp-shinned hawks often perch on one leg. Locking tendons in their feet allow birds to balance on one leg for hours at a time.



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

### 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.

### Squirrely Balancing

As you walk through the woods, look for gray squirrels playing in the trees. Squirrels have long tails to help them balance and maneuver quickly through the branches without falling.

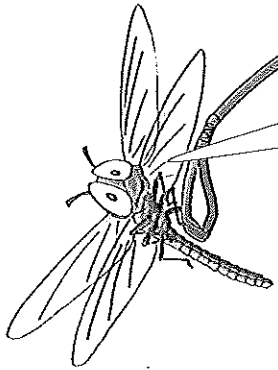


Walk quickly in a straight line, placing one foot directly in front of the other for 20 steps.

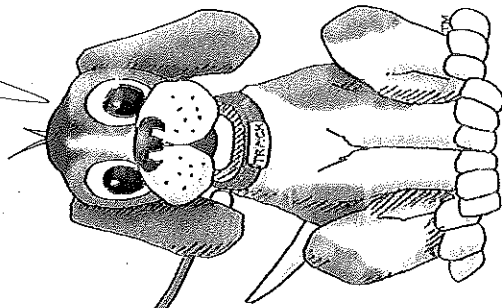
# TRACK your hike at

# kidsinparks.com

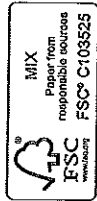
## and get FREE prizes!



Thanks for joining us on the trail today! Visit our website to find more TRACK Trail™ adventures near you!

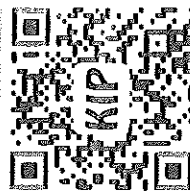


The next generation of stewards will help preserve the world's plants, animals, natural lands and our heritage. What will you do to make a difference?



*Kids in Parks...*

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



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