

Spring Fitness Scavenger Hunt

Looking for fun ways to stay active with the whole family? Here is a fun one! Take a walk and decide how far you will walk and how long your walk will be. As you take your walk, do the corresponding exercises and reps when you see that item. Have fun!



ITEMS YOU SEE	EXERCISES	MARKS
Buds or new leaves on trees	10 Squats	
Spring Flowers	10 Reverse Lunges on each leg	
Bird (Sparrow)	10 Tuck Jumps	
Bird (Dove)	10 Jumping Jacks	
Bird (Goose)	10 Push Ups	
Bird (Robin)	Jog 3 laps around in a circle	
Crosswalk	10 Walking Lunges on each leg	
ElK	10 Squats	
Deer	10 High Knees on each side	
Dog / Cat	10 kicks in front	
Baby	10 Skier Jumps	
Someone riding a bike	Run in place for 20 seconds	
Someone Power Walking	Invisible Jump Rope 10 seconds	
Red Car / Truck	10 High Knees	
Fire Hydrant--	10 Mountain Climbers	

Remember to watch your form and only do the exercises if it is possible where you are. Feel free to change the exercises to make it better for you and your family.