

FITNESS HIKE

SEE THIS! → DO THAT!

WHEN YOU SEE:

SQUIRREL

FALLEN TREE

FLOWERS

BIRD OR DUCK

ANOTHER TRAIL USER

ANTS OR ANT HILL

DO THIS ACTIVITY:

SQUATS

SIDE LUNGES

HIGH KNEES

CALF RAISES

ARM CIRCLES

JUMPING JACKS



CITY OF
BLOOMINGTON
MINNESOTA
PARKS AND RECREATION