

# HaysMed Fitness Trail Challenge

## Challenge 1:

Collect enough sticks to spell "TRAIL"

## Challenge 2:

Go to the 1<sup>st</sup> big trail rock/ boulder  
*(by the small picnic table at beginning of trail)*  
Do 10 wall push-ups.

## Challenge 3:

Go to the 2<sup>nd</sup> park bench  
*(near the volleyball court)*  
Do 20 jumping jacks, count together with your family/group.

## Challenge 4:

Collect 10 small sticks. Make a teepee near the creek of water... and leave it for the wildlife to use!

## Challenge 5:

Cut across the trail (watch out for mud and water!) and run up the hill to the 3<sup>rd</sup> bench, do 10 karate kicks.

## Challenge 6:

Go to the gazebo  
*(near the middle of the trail path)*  
Run 5 laps around it.

## Challenge 7:

Find the picnic table in the middle of the trail  
*(near a large boulder)*  
Do 10 step ups

## Challenge 8:

Go to the covered picnic area, stand on a table and have each person on your team yell as loud as they can, "SPRING IS HERE!" 3 times.

## Challenge 9:

Go back to your sticks and spell "FIT"

## Challenge 10:

Jog to the 1<sup>st</sup> green "doggy" trash can (at the beginning of the trail), Each family member tap it with their foot at the same time!

**You have completed all 10 challenges!**  
**Give your family an Elbow Bump and tell them GREAT JOB!!**