


**Florida**  
State Parks

34

**JUNIOR  
RANGER**

# WILDLIFE WORKOUT

Name \_\_\_\_\_

Date \_\_\_\_\_ Park \_\_\_\_\_

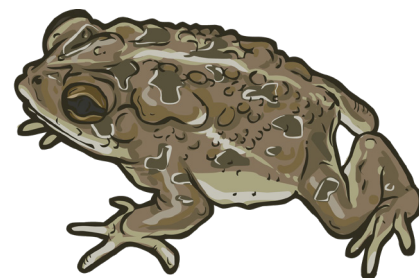
At Florida State Parks, you can stay active outdoors by biking, hiking and swimming - just to name a few. We call it getting **Park Fit!**

Try out these four Wildlife Workout exercises. Each is inspired by an animal that lives in Florida, so you can stay healthy and strong like them.

## Jump like a frog

When they need a quick escape from predators, frogs jump long distances to get back to the water. Some frogs can jump more than four feet!

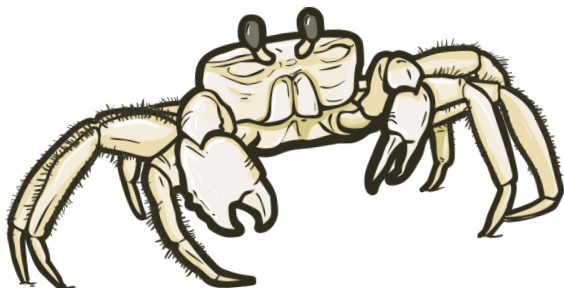
Find two small objects. Place one on the ground. Stand next to your marker and jump as far as you can in one leap. Place your second marker where you land. Using a measuring tape or your own footsteps, measure how far you were able to jump.



How far did you jump?

\_\_\_\_\_ feet.

## Move like a crab



How long did it take you?

\_\_\_\_\_ seconds.

Ghost crabs are the fastest running crustaceans on Earth! Skittering along the beach, they reach top speeds by moving side to side.

Pick two points that are far apart from each other, such as trees or trail markers. Starting at the first point, turn sideways so your hip is facing the second point. Moving as fast as you can without turning, shuffle sideways to the end. Have a friend or family member count how many seconds it takes you to finish.



There is more this way!



# WILDLIFE WORKOUT

## Flap like a ray

Gliding through the ocean, stingrays swim by flapping their fins up and down like wings. Southern stingrays have sharp barbs in their tails that they use to defend themselves – be careful if you see one!

Stand up straight, holding your arms out from your body. Have a friend time you for one minute as you flap your arms up and down. Count the number of times you move your arms up and down.

How many times did you flap in one minute? \_\_\_\_\_



## Stretch like a crane



Florida sandhill cranes can grow almost four feet tall! With their long necks and wings, they often stretch while pecking at food on the ground or flying through the air.

Stand with your feet together and your back straight. Without bending your knees, reach down and try to touch your toes. Try touching your toes again, but this time sit on the ground with your legs straight out in front of you.

Were you able to touch your toes? \_\_\_\_\_

Which wildlife exercise did you find the hardest?

\_\_\_\_\_

What other ways will you stay “Park Fit” on your visit today?

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