Your local parks staff invites you out to play somewhere green on a sunny day. You can run and shout hurray, it’s more fun than we can say.
This family Quest has you building fitness while enjoying nature’s big green gym.
Take your family to a park with trails and your child will lead you through a fitness obstacle course. Check each fitness activity that you complete as a family (in second box).

Have your child show you, then use the following movements when going from one activity to another (in any order):
- jog
- sprint
- hop on 1 foot
- gallop
- walk backwards
- hop on 2 feet
- skip
- jog backwards

- picnic table high push-ups
- picnic table low push-ups
- tree sit
- tree push-ups
- tree foot climbs
- fallen log balance walk
- tree stump step then jump
- pavilion post weave
- hill climb
- picnic table under/over
- picnic table triceps dips
- picnic table leg extensions
- picnic table
Your parks and recreation staff is invested in the health of our community. To this end, we are challenging you to seven Family Quests that take you on a new outdoor adventure each week.

According to the *Physical Activity Guidelines for Americans*, regular physical activity provides long-term health benefits. Adults get the most health benefits by doing 150 minutes of moderate-intensity physical activity per week. Children and adolescents should do 60 minutes or more of moderate- or vigorous-intensity aerobic activity daily.

Being physically active in nature can improve your health and fitness, reduce stress, and create a sense of well-being for you and your family. Have fun, be active and get fit in our parks and on our trails.