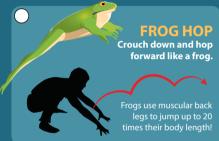


H.I.I.T. (High Intensity Interval Training) is a style of exercise with intense activity followed by a short period of rest. Let's ask some of the best animal athletes in the world to help us make our own H.I.I.T. workout!



INCHWORM CRAWL
Walk your hands out in front of you and then walk your feet up to your hands.



**DUCK WALK** Crouch down with your hands on your head and waddle like a duck. Ducks waddle because their bodies and feet are suited for movement in water.



ctivity and rest activities! four a out the animal exercise and time th get through **LET'S GO!** Grab a stopwatch periods. See if you 20 second activity 10 second rest

Not tired yet? Try another round!







Kids in Parks provides a network of kid-friendly hiking adventures for families to enjoy!