

GET OUTSIDE

nature scavenger hunt



Spending time outdoors offers plenty of benefits to our physical and mental health. A scavenger hunt is a fun way to get some fresh air, add movement to your day, and discover the wonders of our natural environment. Explore trails, parks, or even your neighbourhood as you search for the natural treasures listed below. This is a great activity to enjoy alone or share with friends and family. If you want to give your workout an extra boost, complete the *Fitness Bonus* after finding each item. Feel free to modify or swap in alternative exercises based on your abilities and fitness level. Have fun!

Pinecone



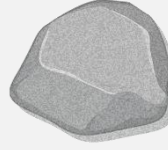
Fitness Bonus:
10 jumping/arm jacks

Wild Mushroom



Fitness Bonus:
15 triceps dips

Something Smooth



Fitness Bonus:
10 crunches

Bird



Fitness Bonus:
10 squats

Evergreen Tree



Fitness Bonus:
30-second arm circles

Track or Footprint



Fitness Bonus:
10 step-ups

Feather



Fitness Bonus:
20 mountain climbers

Something Beautiful



Fitness Bonus:
10 lunges/leg

Water



Fitness Bonus:
10 one-leg deadlifts/leg

Letter-Shaped Stick



Fitness Bonus:
20 calf-raises

Spider Web



Fitness Bonus:
20 high knees

Flying Insect



Fitness Bonus:
20 push-ups/overhead press

Berries or Seeds



Fitness Bonus:
30-second plank

Furry Friend



Fitness Bonus:
10 curtsy lunge/leg

Fun-Shaped Cloud



Fitness Bonus:
20 butt kicks

Fallen Tree or Stump



Fitness Bonus:
50 punches

Images by Freepik