

# HEALTHY **BOOOOST** SCAVENGER HUNT



Turn physical activity into a festive treat!  
When you spot a spooky item, do the exercise listed.

## **MONSTER OR ZOMBIE**

Raise your arms and walk like a zombie for 1 minute!

## GHOST

Run 10 circles around a family member.

## **SPOOKY ANIMAL**

Do 10 leap frogs. Or walk like a crab for 1 minute.

## BATS

Do 10 squats to dodge the flying bats!

## **JACK-O-LANTERN OR PUMPKIN**

Do 10 jumping jacks!

## **SPIDER OR COBWEBS**

Shake off the cobwebs and dance for 1 minute.

## **SKULL OR SKELETON**

Touch your head, shoulders, knees and toes 10 times!