

# 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 leapfrogs. 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!