



# 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!

