



## NATURE TREK

### What to bring:

- Plenty of water (it's important to be hydrated)
- Healthy snacks (like nuts or fruit)
- Sunscreen
- Proper clothes for the weather (hat, gloves, rain jacket, sneakers)

**Outdoor Moves:** Move over indoor fun, it's time to take your moves outside! Fresh air, trees and wildlife are calling you to try New Moves in an open space. Here's an outdoor move just waiting for you.

Exploring the wilderness or even walking around the block opens your eyes to what's around you—discover new plants, trees, birds and bees—all while gettin' movin'. Walking and hiking can improve heart health and build stronger bones.



Always get your parents' help or permission before attempting this move.  
(You never know, they may want to join you!)

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