

Parent Cheat Sheet

Hero Hustle 2022

Station 1: Run fast like The Speedster

Get your heart pumping faster by running fast like this hero! Start here, then run to the spot marked with an X. Have a friend or family member record your time. Running helps keep your heart strong and healthy!



Station 2: Stretch like Miss Elastic

Passcode Letter= R

This superhero can stretch so easily through practice! Try stretching while sitting or standing. When you finish, your muscles will feel relaxed.



Station 3: Healthy Choice Highway

Follow the road of healthy choices. Hop on the healthy foods and avoid the bad ones!



Station 4: Creep like Arachni-Kid

Passcode Letter= I

Can you climb through the web like this animal-inspired hero? When you crawl, you work out your whole body!



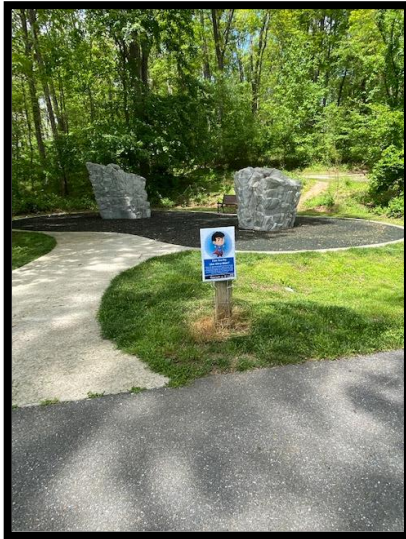
Station 5: Can you fly like Ultra-Man?

Show off your flying skills! Lay down on your stomach and reach both arms forward, then lift both legs slightly. As you imagine yourself soaring through the sky you have just made your core muscles stronger!



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Station 6: How strong are you?

Passcode Letter= S


With both elbows bent, and both hands in fists resting just above your shoulders, extend your arms straight up overhead. Return to the starting position and repeat. How many can you do?



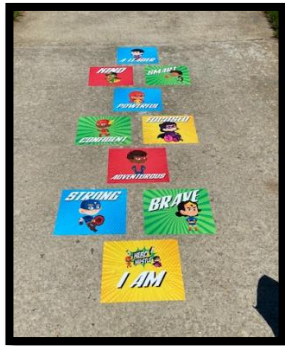
How strong are you?

You can get stronger using your own body weight! Place your feet shoulder-width apart, then slowly bend your knees down and back up to work your lower body. Try push-ups to work your upper body.

Howard County RECREATION + PARKS



Station 7: Affirmation Hop Scotch



Station 8: How good is your balance?

Passcode Letter= E

Try walking the line by placing one foot in front of the other without falling off. If you lost your balance, keep practicing and you'll improve!



Treasure Chest: Located on the back patio under the bench. To unlock the padlock and get your badge. Please take only one medal per child. Thank you.

4 Letter Password= RISE

