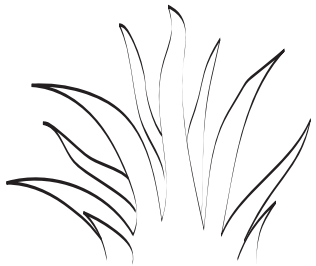


A SKIP, A HOP,  
AND A JUMP  
TO A HEALTHY ME!

A SUNSHINE CITY  
PARK ADVENTURE



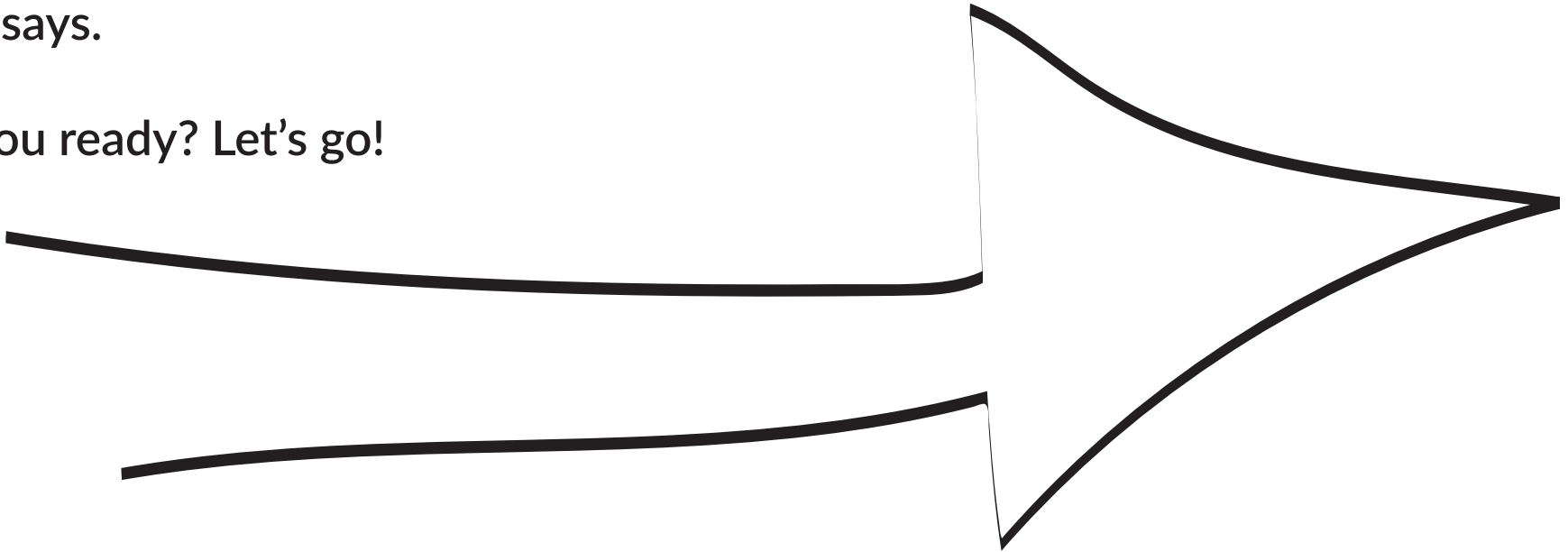
# Hello there!

The St. Petersburg Parks & Recreation Department and Healthy St. Pete are excited to team up to bring you a healthy fitness adventure designed for kids. This adventure explores animals you may see or activities you might do at a City of St. Petersburg park or preserve.

Grab your coloring pencils, markers, or crayons and make the pages come to life as you actively explore the Sunshine City's hidden gems from the comfort of your home or wherever you may be.

But, to really enjoy this adventure, you're going to need to do exactly what the book says.

Are you ready? Let's go!



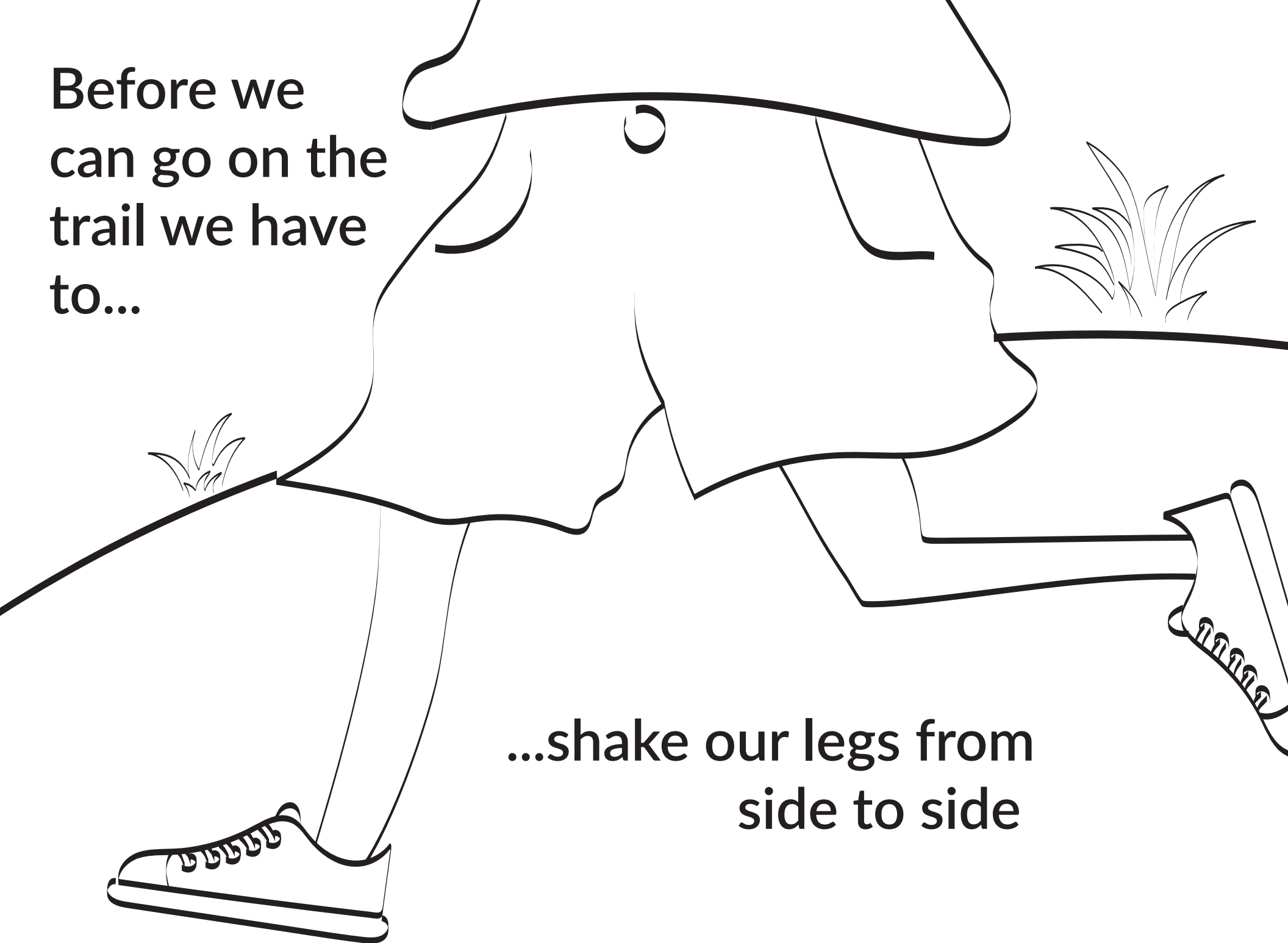
**Our first stop at the park is...**

A wooden signpost with a sign that says "SUNSHINE CITY PARK". The sign is mounted on two wooden posts. There are small tufts of grass at the base of each post. The sign itself is a horizontal board with a wood-grain texture and the words "SUNSHINE CITY PARK" written in large, outlined, block letters.

**SUNSHINE CITY PARK**

**...the sign! Before we start our adventure, we have to put our hands over our head and reach really high to the sky. Reach as high as you can go!**

Before we  
can go on the  
trail we have  
to...



...shake our legs from  
side to side



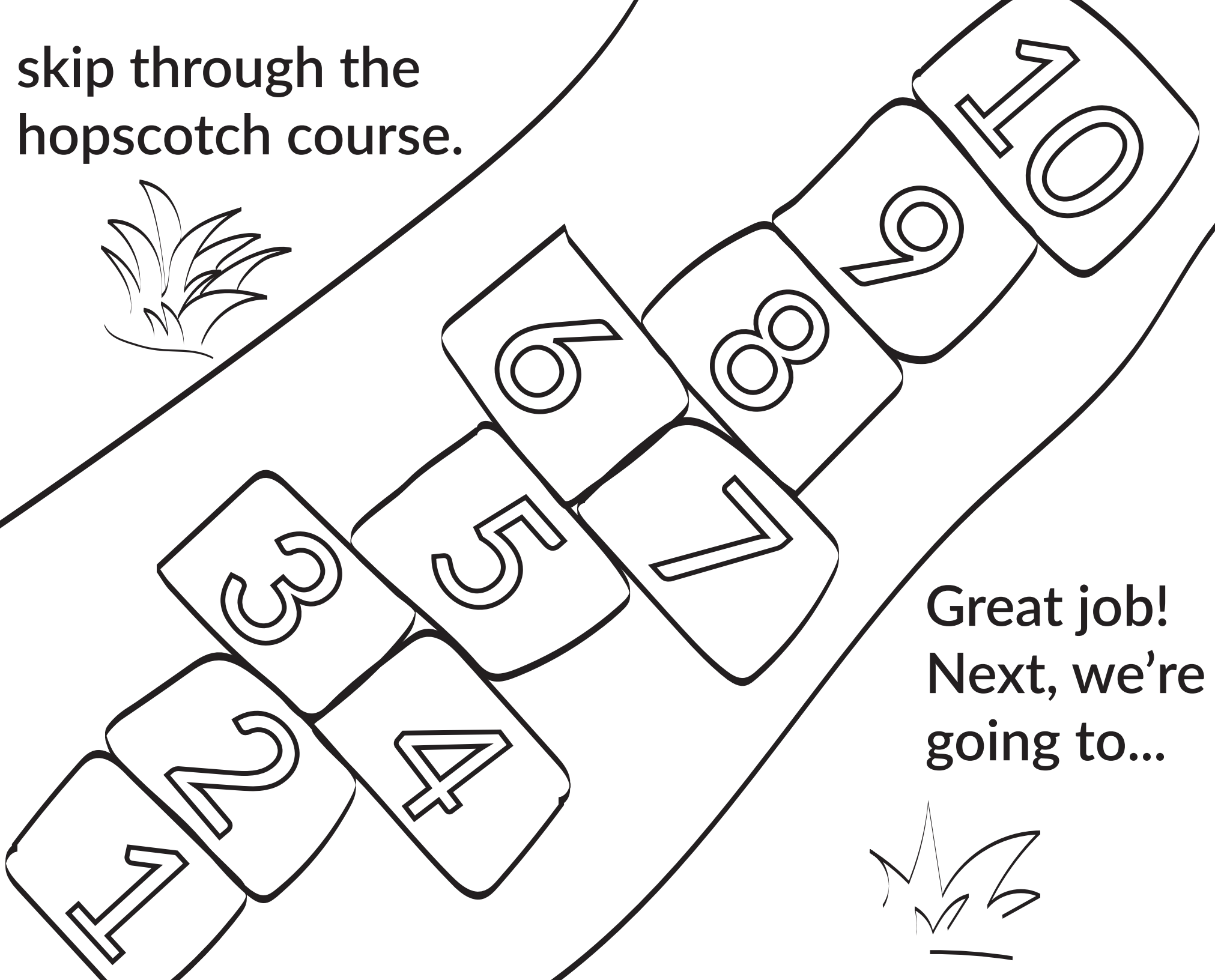
Now, we're ready to...



...skip the trails. But, there's  
a twist! We have to...



skip through the  
hopscotch course.



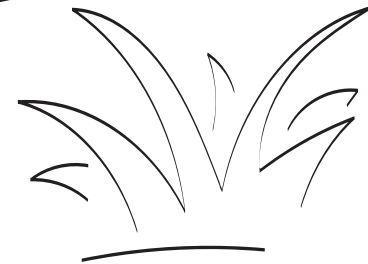
Great job!  
Next, we're  
going to...



...hop like a rabbit to the boardwalk.  
Can you hop like a rabbit? Let's try!



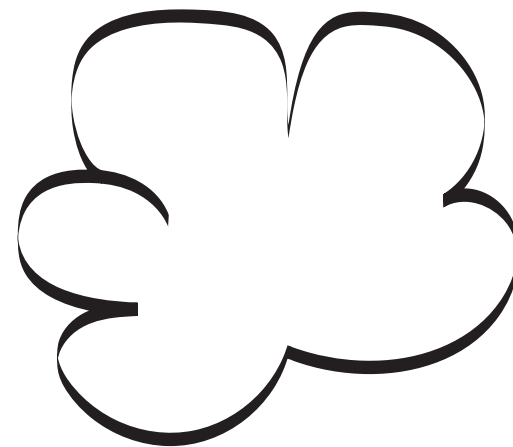
You're doing great! Your hopping helped us make it to the boardwalk. To get to the next stop we have to...



...jump by our alligator friends.  
Are you ready? Let's go!



Now it's time to...



...skip through the field of wildflowers.  
Make sure not to step on any.



Last but not least, our adventure ends with three big hops and a...



...loud squawk  
by our pelican  
friend and...

...one big jump to the sign.



SEE YOU LATER!

You did a great job! You  
skipped, hopped, and \_\_\_\_\_  
jumped to a healthy you.



We hope to see  
you again soon!

