



Fun on the Run Requirements

- Learn and demonstrate three exercises you can do each day.
- Have Lions make a nutritious snack for the den.
- Understand the importance of rest.
- Participate as a den in Jungle Field Day.

Ideas for Adventure Requirements

- Examples of exercises:



Hiking

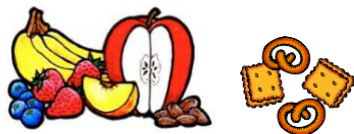


Riding bikes



Jumping Jacks

- Example of nutritious snacks



- Just a few Reasons for Rest:
 - Have improved attention
 - Improved behavior
 - Better learning and memory
 - Overall improved mental and physical health