

# HIKING CHECKLIST

- Backpack
- Water
- Healthy Snacks
- First Aid Kit
- Sunscreen
- Sunglasses
- Extra Socks
- Rain Jacket
- Extra Jacket
- Flashlight
- Compass
- Trail Map

Visit us at:  
[RockyMountainPuppets.com](http://RockyMountainPuppets.com)  
303-469-4155  
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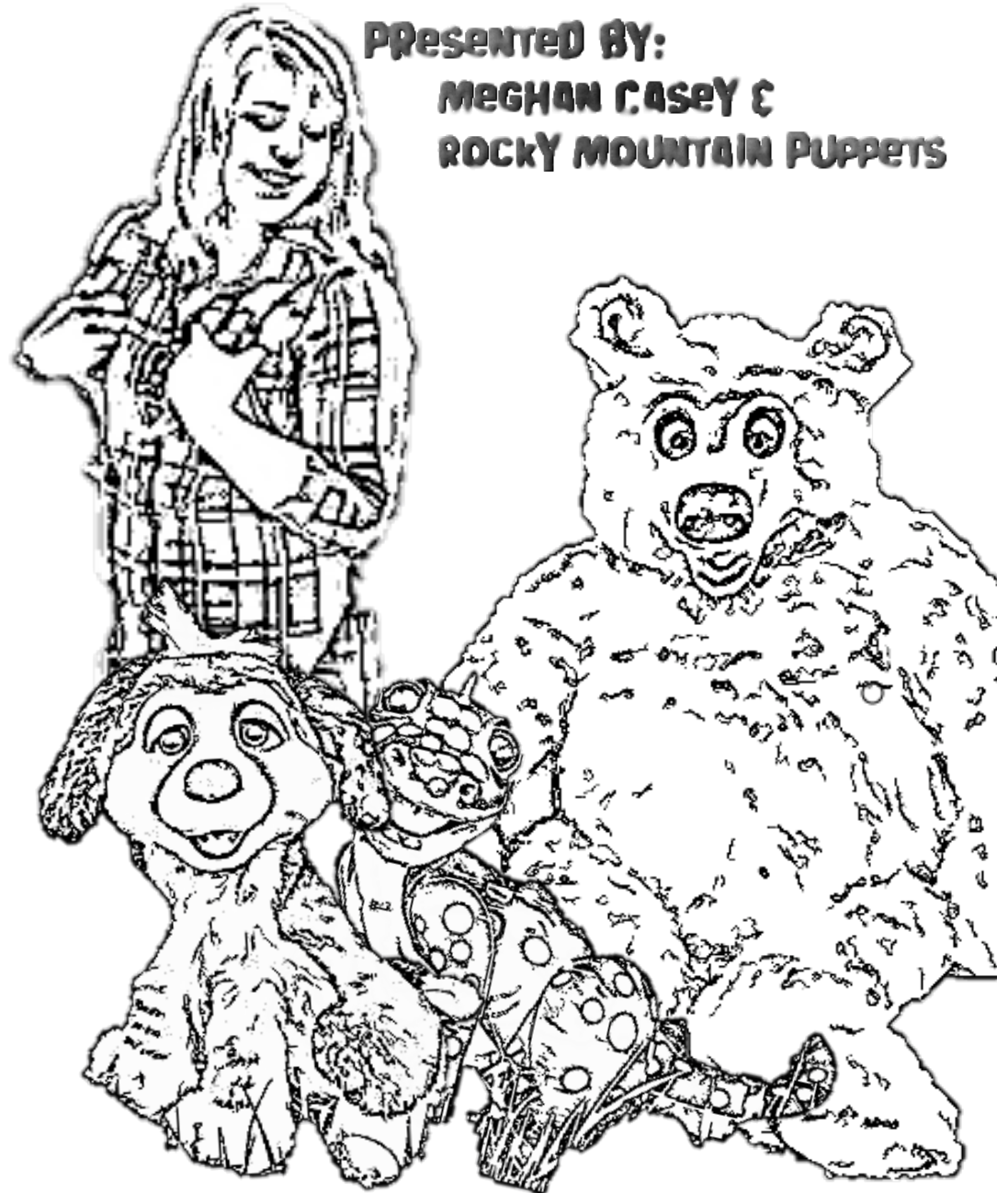


# CLIMBING MOUNT HEALTHMORE

PRESENTED BY:

MEGHAN CASEY &

ROCKY MOUNTAIN PUPPETS



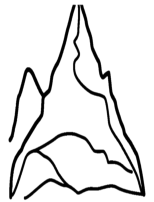
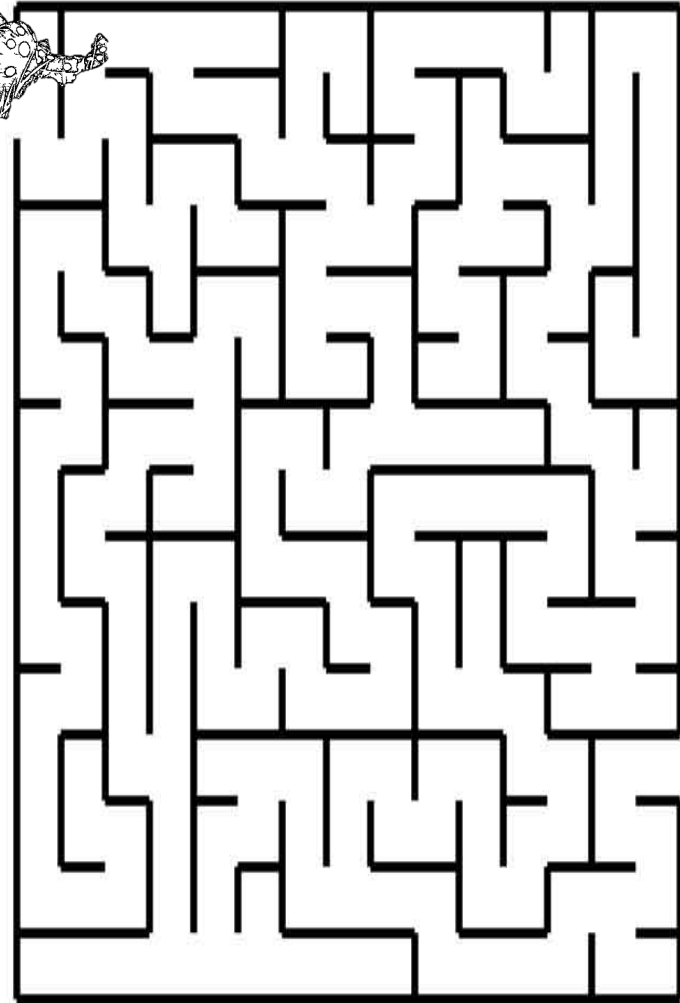
# Can You Find What's Healthy?

H G G H M Y D K X P S R C  
 S M H B W K I M O Z E H V  
 I I S E O T A M O T I B F  
 F L H C F H B I G C R A U  
 G K O T Q F F P K O R D E  
 A C U C U M B E R S E R S  
 P U Y B C O N B Z D B E S  
 P J P D A O V G S H G A V  
 L O Q P R N R C N N N V B  
 E B E F R C N B A A K U P  
 S T T G O A G R N U E T A  
 X X F M T P O A Y Y R P U  
 B B E A S U B X V E G G S

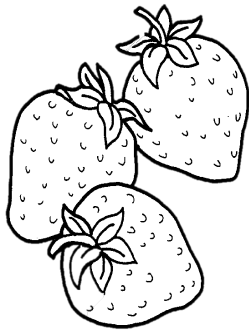
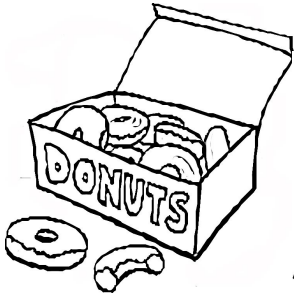
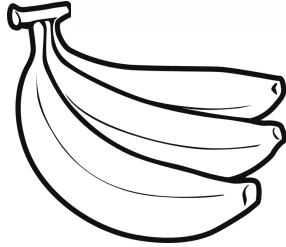
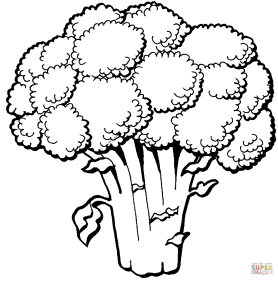
- APPLES
- BANANAS
- BERRIES
- BROCCOLI
- CARROTS
- CHICKEN
- CUCUMBERS
- EGGS
- FISH
- MILK
- ORANGES
- TOMATOES



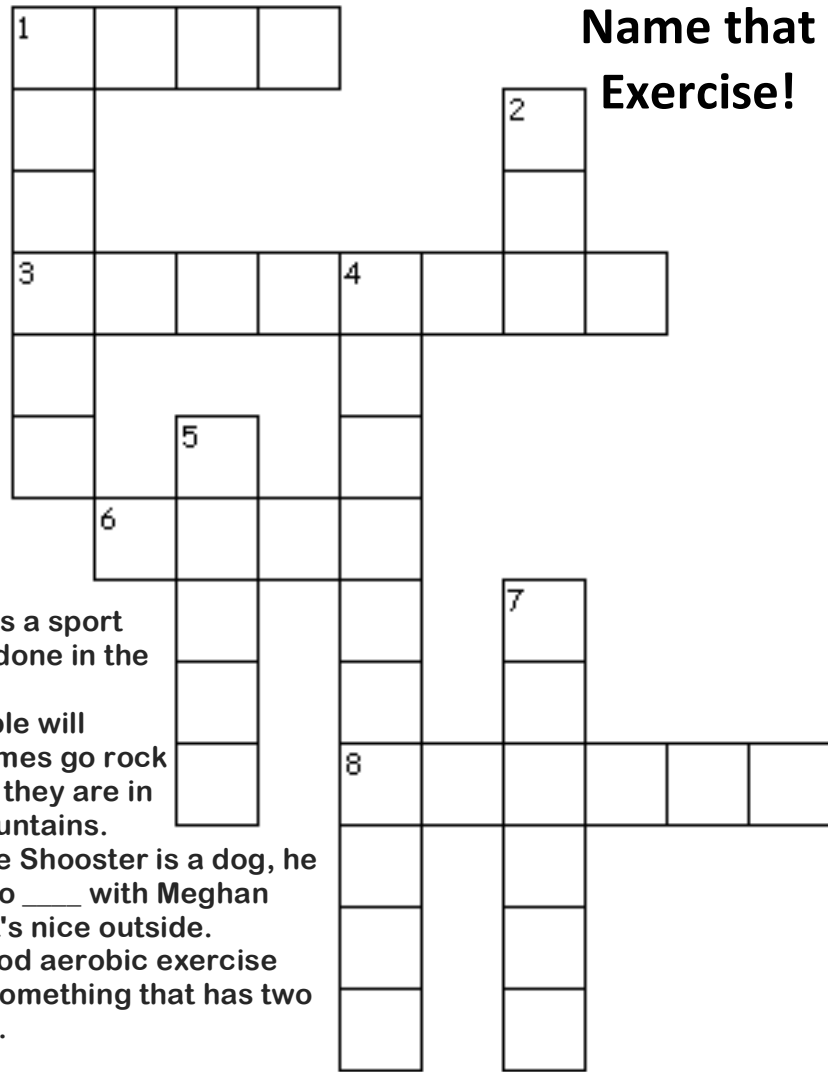
Help Aidan make his way on the trail and get to the top of Mount Healthmore:



Help Shooster decide what is healthy to eat. Mark an "X" over what is unhealthy and circle what is healthy.



Name that Exercise!



Across

1. This is a sport that is done in the water.

3. People will sometimes go rock \_\_\_\_\_ if they are in the mountains.

6. Since Shooster is a dog, he loves to \_\_\_\_\_ with Meghan when it's nice outside.

8. A good aerobic exercise using something that has two wheels.

Down

1. This is a sport where you kick a black and white ball around on a field and try to make goals.

2. Someone does this activity is they are moving really fast on the ground using their feet.

4. A sport where you bounce an orange ball. You try to make the ball into a \_\_\_\_\_ hoop.

5. Aidan loves to \_\_\_\_\_, especially to the song at the end of "Climbing Mount Healthmore."

7. Meghan and her friends are \_\_\_\_\_ to the top of Mount Healthmore.