

The Fitness Trail

Tuckahoe and/or Martinak State Parks

Tuckahoe State Park
13187 Crouse Mill Rd
Queen Anne MD 21657



Martinak State Park
137 Deep Shore Rd
Denton MD 21629

Enjoy a hike at one or both parks with exercises spread throughout the trail that mimic the behaviors of our native wildlife. Use the exercises and signs to answer the questions below.

IN WINTER, HONEYBEES CAN UNHINGE THEIR WINGS AND VIBRATE THEIR FLIGHT MUSCLES TO GENERATE HEAT FOR THE HIVE.

TRUE OR FALSE

IN AREAS HEAVILY POPULATED BY DEER, YOU MAY NOTICE A _____ WHERE THEY HAVE HEAVILY EATEN THE VEGETATION AS FAR UP AS THEIR NECKS WILL STRETCH.

WHO IN YOUR FAMILY/TEAM COULD DO THE HERON STANCE THE LONGEST?

HOW MANY HUMMINGBIRD HAND SWINGS CAN YOU DO IN 30 SECONDS?

WHAT WAS YOUR FAVORITE EXERCISE?

BONUS QUESTION! NAME 2 ANIMALS YOU IMITATED ON THE TRAIL THAT PLAY DEAD AS A DEFENSE MECHANISM.
