



HEALTH & WELLNESS ACTIVITY SHEET

STAY ACTIVE

The U.S. Department of Health and Human Services recommends 150 minutes a week of moderate-intensity exercise, such as brisk walking. Though that might sound like a lot of exercise at first, all it takes is 30 minutes, 5 days a week to meet that goal.

Hersheypark sits on 121 acres of land and is a great place to get your daily exercise in. Work your way around the park and answer the following questions:

1. How many steps does it take to get from the entrance of Trailblazer to the entrance of Storm Runner?

2. How many steps does it take to get from the entrance of Wildcat to the entrance of Lightning Racer?

3. Pick two different coasters to record the distance between them.

a. Which coasters did you choose?

b. How many steps are between them?



List 4 additional creative ways to stay active and exercise while enjoying Hersheypark

- 1.
- 2.
- 3.
- 4.

Lastly, keep a running list of all the roller coasters you pass. There are a total of 15, but we believe you can see them all! Be sure to take a picture in front of them!

1.	4.	7.	10.	13.
2.	5.	8.	11.	14.
3.	6.	9.	12.	15.

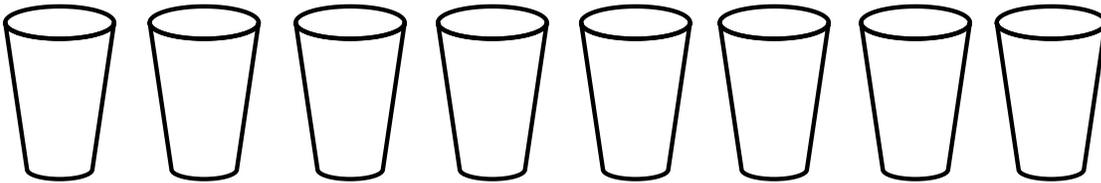


STAY HYDRATED

Did you know your brain is more alert, your joints will be more flexible and your body temperature will be better controlled when you are hydrated? Just like our water ride, Tidal Force, our bodies need water to operate. Where other sugary beverages like soda, juices, and sports drinks can be okay in moderation, water is always the best choice when thinking about the healthy choice.

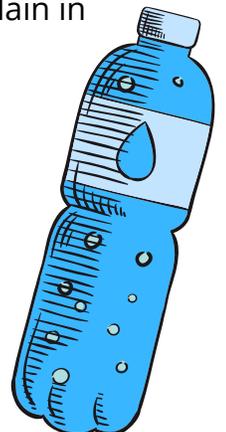
We have multiple vending machines around Hersheypark that provide bottled water, but our food stands will also provide a free glass of water when asked.

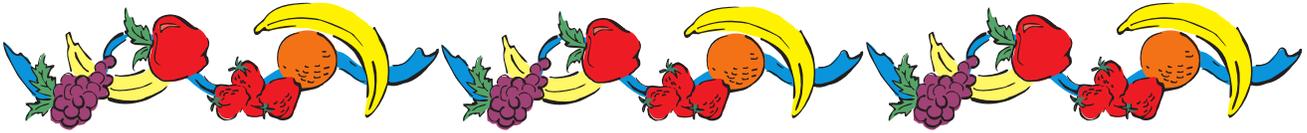
1. How many glasses of water did you drink at the park? Shade in a glass after each drink.



2. Which vending machines / food stands did you get the water from?

3. With the amount of movement and standing you experience at the park, explain in your own words why staying hydrated is so important.

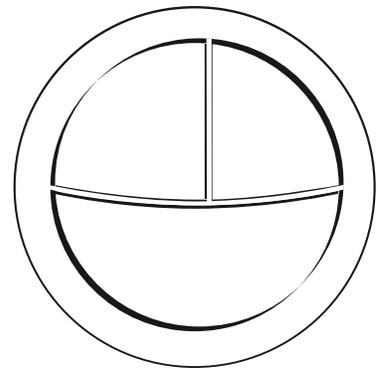
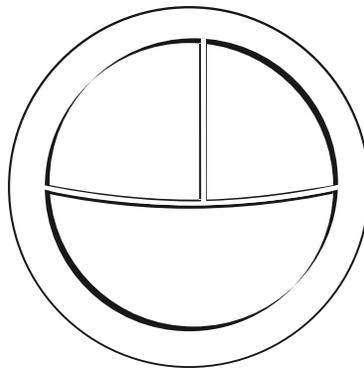
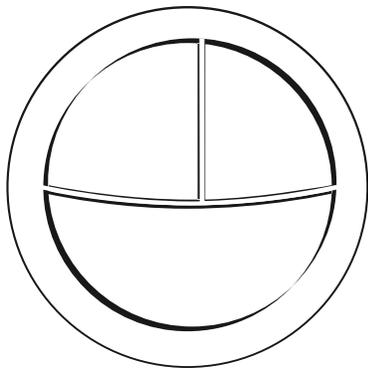




HEALTHY DIET

Eating a healthy diet is important to maintain a healthy weight and helps your body get the proper nutrients it needs to keep running. Hersheypark is full of different varieties of food stands with many different meal choices.

Walk through the park and look at multiple food stands and their menus. Take careful consideration of what is on those menus and write down what you think the healthiest entrée, side, and drink would be to get. Fill in the three plates with an entrée, side, and drink.



Now that you have given it some thought, what options did you decide to purchase? Explain why you chose those items.

