

Fitness Pathways

Use the idea here to give you inspiration to create your own Fitness Pathway.

You can use chalk (or tape) on your driveway, sidewalk, or lanai (please remember it is NOT safe to do it on the street with traveling vehicles).

Hints: try to use different type of skills, and be sure to give yourself enough space.

Key (1)

Squiggly Line
5" wide
Purple

Zig-Zag Line
3" each length
5" wide
Orange

Loop
2' x 1'
Brown

Bug
8" diameter
Green

Foot
5" widest part Ball of foot
8" widest part Instep
10" Long
Red

Straight Line
6" wide
Light Blue

Heel-Heel/Toe-Toe
8" diameter
Dark Pink

Curved Line
5" wide
Yellow

Paw Prints
8" wide
10" Long
Royal Blue

Key (2)

Flower
yellow
pink
Stem = up to you

Leaf
Green
Stem: 5" wide

Hopping
8" in diameter
Lime
Rocks
Different sizes & shapes
Rainbow colors

Leap Frog
Green
Body = 1' diameter
legs = 4-6" wide

Loop
Purple
3 1/2' between loops
Loops = 8' diameter
Lengths = 15'

Key (3)

Hands
Blue
8" x 8"

Hopscotch
12" x 12"
Hot Pink

Skip
Dark Pink
5" wide
12" length

Jumping Jacks
+8"-
12" L x 8" H
orange
Hot Pink

Duck walk
5" / 10" / 15"
Yellow

* If you want to draw actual duck feet - go for it.

Map 1

Diagram showing a vertical path with various stations: Footprints, Squiggly Line, Zig-Zag, Loop, Hopscotch, Hopping, Leap Frog, and a Jumping Jacks station. Includes a 'WALK' arrow and a 'TD 4th pole on railing' note.

Map 2

Diagram showing a path with stations: Squiggly Line, Zig-Zag, Loop, Hopping, Leap Frog, and a Paw Prints station. Includes a 'WALK' arrow and a 'TD 4th pole on railing' note.



