



Health Quest Scavenger Hunt

Sample Clue Cards

Here are some sample clue cards to get you started:

Blood Pressure Station

Clue: "Start your quest with a check of your heart,
Find the spot where the pressure chart."

Clue at Station: "Well done! Your next clue's neat,
Look for the place where health and cholesterol meet."

Cholesterol Test Station

Clue: "Cholesterol is key to know and see,
Find the spot that helps you be heart-healthy."

Clue at Station: "Great job, you're doing swell,
Now find where the body mass index will tell."

BMI (Body Mass Index) Station

Clue: "Your next stop helps you see,
What your height and weight say about your BMI."

Clue at Station: "You're on a roll, you're almost there,
Next, find where the fruits and veggies pair."

Nutrition Tips Station

Clue: "Healthy eating is quite a feat,
Find the place with the rainbow of foods you eat."

Clue at Station: "Awesome! Now get ready to move,
Find the place where exercises improve."

Exercise Tips Station

Clue: "Next up, stretch and strengthen your core,
Find the place where exercises galore."

Clue at Station: "You're almost done, you've come so far,
Head to the place where mindfulness is the star."

Mindfulness and Stress Relief Station

Clue: "Calm and breathe, let go of stress,
Find the place where mindfulness is best."

Clue at Station: "Congratulations, you've completed the quest,
Head to the finish for a well-deserved rest!"

Hydration Station

Clue: "Water is key to keeping you strong,
Find the spot where hydration is the song."

Clue at Station: "Fantastic! You're almost there,
Find the station with fresh air."

Outdoor Exercise/Walking Station

Clue: "Fresh air and steps keep you fit,
Find the station where walking is it."

Clue at Station: "You're nearly there, with one more clue,
Find the final stop where prizes wait for you."