

TRAILBLAZERS

**A MOVEMENT CLUB FOR PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL
DISABILITIES CREATED BY THE NEW JERSEY SELF-ADVOCACY PROJECT**

TRAINING COMPILATION 2023

**PART OF THE HEALTHY LIFESTYLES PROJECT, MADE POSSIBLE BY A GRANT FROM
THE HORIZON FOUNDATION FOR NEW JERSEY**



WWW.HEALTHYLIFESTYLESPROJECT.ORG

Finding Trails

How To Find Trails In Your Area

1

ALL TRAILS

- A great free resource to find trails in your area.
- You can read reviews to learn more about the trail.
- All Trails will show you length, time, terrain, and difficulty. Great information to help you be prepared ahead of time.

2

GOOGLE MAPS

- Another great free resource to find trails in your area.
- Does a good job of updating changes to trails.
- Google is very accessible to screen readers and will show you if places and trails are accessible.

3

PAPER MAPS

- Your library should have trail maps and books for your area.
- Some stores, like REI, will have free maps for you to take. The workers might also be knowledgeable on those trails.
- Make sure the maps you use are up to date.



Reading Maps:

Use a Compass

This will help you know what direction you are heading. Most phones have a compass installed already.

4

BE PREPARED

- Wear proper footwear for the terrain you are using.
- Bring more water than you think you will need, especially when you are going out in the summer.
- Take note if there are restrooms on the trail.
- Use bug repellent and sunscreen.

5

“TAKE IN, TAKE OUT”

- All trails use the “Take In, Take Out” system. Meaning whatever you bring into the woods you need to also carry out.
- There aren’t trash bins on the trail and littering is against the law and bad for the animals.
- Bring a bag you can use for garbage.

6

BE RESPONSIBLE

- Keep the trail how you found it. Don’t change the scenery. Don’t pluck flowers, or tear branches. Don’t throw things in ponds, or mess with Blazes.
- Leave things how you found them.
- Do not interact with the wildlife you find along the trails.

Be Prepared

If you are using a map on your phone make sure it is downloaded in case you don’t have service. Know your route ahead of time. Use Landmarks along the way to make sure you are on the right path.

Use the Correct Map

Make sure the map you have is the most current and updated map.

Hiking can be a great way to exercise and get out in nature but make sure you are being respectful to the environment and to your body!

Benefits of Walking In Nature

There is so many benefits to being outdoors

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1

BOOSTS YOUR MOOD

- Increases oxygen level and sunlight exposure, which will increase your serotonin levels
- Boosts endorphin levels and dopamine production
- Helps our body slow down and feel calm

2

REDUCES STRESS & ANXIETY

- Reduces cortisol levels
- Relieves muscles tension
- Helps calm your nerves

3

IMPROVES OBSERVATION SKILLS

- Improves brain activity
- Motivates you to use your senses
- Helps you pay more attention to your surroundings



Get outside:

Make plans

Think of ways to spend more time outside.

4

GET BETTER SLEEP

- Boosts serotonin levels
- Increases oxygen
- Receiving sunlight helps increase melatonin levels

5

LOWERS BLOOD PRESSURE

- Reduces any build up stress
- Increases movement
- Outdoor exposure helps you stay healthier

6

IT'S GOOD EXERCISE

- Increases physical activity
- Burns more calories
- More fitness options

Be prepared

Bring any items that you might need.

Stay safe

Remember to stay informed of the area you are in.

Being outdoors can benefit you mentally, physically, and emotionally.

First Aid Basics

Be prepared for an emergency

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1

BRUISES / SCRAPES

- Call for help
- Clean the area
- Bandage the area
- Make sure nothing else is hurt

2

DEEP CUT / LACERATION

- Stay calm
- Call 911
- Get help
- Do not move the person
- Clean and close the wound
- Apply pressure to stop the bleeding

3

BEE STING

- Get help
- Remove the stinger
- If you are allergic, use an epipen
- Clean the area
- Bandage the area



What to have in your

FIRST AID KIT

- Band-Aids
- Alcohol Pads
- Gauze
- Antiseptic cream
- Ibuprofen
- Aspirin
- Satellite Communicator
- Navigation System
- Tick remover
- Tweezers

4

TICK BITE

- Get help
- Use tweezers to remove tick
- Clean the area
- (Save the tick to show your doctor for testing)

5

DIZZINESS / FAINTING

- Call 911
- Get help
- Keep the person alert
- Talk to the person
- Ask them questions
- Keep them comfortable until help arrives

6

CHEST PAIN / HEART ATTACK

- Stay calm
- Call 911
- Get help
- Make sure they are breathing

Stay prepared



Hiking Equipment

What to bring on your next hike

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1

CLOTHING

- Shoes that are lightweight, comfortable, and have a good grip
- Dress according to the weather
- Wear comfortable and breathable socks
- Comfortable clothing

2

SATELLITE COMMUNICATOR

- Can be used where there is no signal
- They have a long battery life, can check the weather, and communicate

3

NAVIGATION

- Have something to know where you are located
- You can use trail maps, your phone, GPS devices, and compasses



Essentials:

Water

Bring clean water with you to stay hydrated. You can always bring a water filter too.

Sunscreen

Avoid any sunburn our hot days and stay prepared by applying sunscreen.

Bug Protection

When we are outdoors we can encounter a lot of bugs so remember to apply that bug repellent.

Backpack

You want a waterproof, comfortable, with lots of space, and secured backpack.

4

RAIN GEAR

- You can use rain pants, raincoats, and waterproof shoes
- Zip-bloc bags can be used to keep any of your items dry
- A waterproof backpack to keep everything dry

5

TREKKING POLES

- Helps enhance your stability and reduces the force on your knees
- They are adjustable in height
- Helpful in slippery and rock terrains

6

EMERGENCY KIT

- If an accident ever occurs you want to be prepared
- Having a whistle, a flashlight, portable charger, and batteries
- Having an antibiotic cream, bandaids, and alcohol wipes
- A satellite communicator is also part of this

Being prepared can help you have a stress-free hike!

Tips for Hiking with Dogs

Pet Friendly Trail Etiquette

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1

BE COURTEOUS

- As a hiker, you are responsible for your own actions and your dog's actions.
- The Golden Rule of Trail Etiquette is to observe common sense and simple courtesy.
- Be polite towards others and make sure your pup is well-behaved too.

2

KEEP YOUR DOG LEASHED

- Hikers who take their dogs on the trails should have their dogs on a leash at all times.
- Your dog should also be well-trained,
- This means the dog doesn't pull or lunge and refrains from barking.

3

YIELD THE RIGHT OF WAY

- When pet parents meet any other trail users, you must yield the right-of-way, stepping well clear of the trail to allow the other users to pass without worrying about "getting sniffed."
- This is especially important with bicyclists, runners, climbers, or horseback riders.

4

BEWARE HORSES

- When meeting horses on the trail, ensure your dog stays calm, does not bark, and makes no move toward the horse.
- Move well off the trail (downhill from the trail when possible) and stay off the trail, with your dog held close to your side until the horses pass well beyond you.

5

STICK TO THE TRAILS

- Hikers and dogs should stick to the trails and practice minimum impact.
- Don't take shortcuts or make new trails. If your destination is off-trail, leave the trail in as direct a manner as possible by moving away from the trail in a line perpendicular to the trail.

6

FOLLOW THE RULES

- When in national parks, always follow National Park Service's B.A.R.K initiative rules: Bag your pup's waste, always leash your pet, respect wildlife, and know where you can go.
- When in doubt, double-check local trail rules before bringing your pup along.



More tips:

Avoid Wildlife

- Observe wildlife from a distance – resist the urge to move close.

Pup Packs

- Pack-wearing pups can carry their own gear (think: water bowl, poop bags, etc.), and a pack makes them easier to see.

Leave No Trace

- Ensure that you promptly pick up their poop. Pick up all your personal belongings and trash and leave all natural creatures, objects, and features as you found them for others to enjoy.

Not all trails are pet friendly! Make sure to check the trail rules before heading out with your furry friend.

Hydration

Signs that you are not hydrated enough.

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1

TIRED

- You may feel fatigue
- You can be more moody
- You may struggle to concentrate

2

DRY SKIN

- Dull looking skin
- Flaky skin
- Chapped lips
- Oily skin

3

STINKY BREATHE

- Dry mouth
- Less saliva



Are You Hydrated:

Check your urine color

Hydrated

4

MIGRAINES / BAD HEADACHE

- Drop in blood pressure
- Dizziness

5

HUNGRY

- Persistent hunger
- Sweet cravings

6

JOINT PAIN

- Reduce joints' shock-absorbing ability
- No cushion in brain, spinal cord, any sensitive tissue



Dehydrated

Staying hydrated can improve your brain performance, give you more energy, and decrease joint pain.

Importance of Body Movement

There are so many benefits to exercising

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1

STRESS MANAGEMENT

- Exercise helps boost your mood.
- Exercising is a great way to get rid of pent up stress and anger.
- Exercise produces mood elevating brain chemicals, endorphins, adrenaline, and dopamine.

2

GAIN STRENGTH

- Regular exercise improves muscle strength.
- Strong muscles can help prevent injury.
- You are able to be physical for longer, without getting tired.
- Exercise can help improve balance and flexibility.

3

BOOST CONFIDENCE

- Setting goals and achieving them helps boost your confidence.
- Exercise improves your self-esteem.
- You will feel better about your body, movement, and your physical abilities.



Setting Goals:

Be realistic

Set a goal that is attainable. Setting an impossible goal can make you feel less confident and will make it less likely you continue with your progress.

4

IMPROVE BRAIN HEALTH

- Exercise improves memory and focus.
- Lowers feelings of anxiety and depression.
- Improves your judgement skills, thinking skills, and learning skills.

5

REDUCE RISK OF DISEASE

- Exercise lowers your risk of Heart Disease, Type 2 Diabetes, & Stroke.
- Exercise can lower your risk of Dementia & Alzheimers Disease.
- Exercise boosts your immune system which helps you fight off seasonal illnesses.

6

MANAGE A HEALTHY LIFE

- Exercising can help boost energy levels.
- Exercise can help you sleep better, which provides better recovery for your muscles and brain.
- Exercise can help maintain a healthy body.

Set multiple goals.

You want to set easily attainable goals and goals that make you work a little harder. This will give you momentum, confidence, and pride in your achievements.

Be Prepared

Set yourself up for success by making sure you have all of the tools you need to achieve your goals.

When you exercise it is important to remember to stretch, warm your body up, and drink lots of water!

Outdoor Safety

Enjoy some time outdoors, but remember to stay safe!

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1

CAMPING

- Bring proper clothing
- Prepare food and water
- Avoid wild animals
- Bring bug protection
- Check for ticks

2

HIKING

- Bring proper clothing
- Drink water
- Avoid wild animals
- Wear sunblock
- Use maps or trail markers
- Check for ticks

3

BEACH

- Wear sunblock
- Prepare food and water
- Watch out for rip currents
- Utilize lifeguards
- Bring any safety equipment needed for the water



Points To Remember:

Proper clothing

Bring clothing according to location, weather, and activities.

Bring water

Remind yourself to stay hydrated, especially when outdoors.

Protection from the sun

Wear sunscreen or put on a hat and sunglasses to prevent any sunburn.

4

BIKE RIDING

- Wear sunblock
- Drink water
- Wear safety equipment
- Watch out for cars and pedestrians
- Use lights and reflector at night time

5

PICNIC

- Bring proper clothing according to weather
- Bring bug protection
- Wear sunblock
- Prepare food and drinks

6

RUNNING, JOGGING, OR WALKING

- Bring proper clothing
- Bring protection from sun
- Bring bug protection
- Drink water
- Stay on sidewalk
- Stretch first

Being outside can help relive stress, boost your mood, and improve your mental health.

Packing for a Hike

The “10 Essentials” System: Be Prepared For Anything!

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1

NAVIGATION

- Navigation tools include a map of the area, compass, GPS device, etc.
- Make sure you are familiar with the area you are hiking and have the proper tools to navigate (and know how to use them!)
- Make sure someone knows where you are in

2

HEADLAMP/ FLASHLIGHT

- Even if you are planning a day hike, have these on hand for emergencies in case you are out longer than expected.
- A headlamp will allow you free use of your hands.
- Have extra batteries at the ready, too.

3

SUN PROTECTION

- Sunglasses, sun-protective clothes, hats and sunscreen will protect you from the sun.
- Remember to reapply sunscreen as needed.
- Remember, it doesn't have to be sunny for you to get a sunburn!



8. Extra Food

- Always pack extra food just in case
- Things like extra energy bars, nuts, dried fruits or jerky are good.

4

FIRST AID

- Includes items such as wound coverings, medications, treatments, and insect repellent.
- You can get handy travel kits that include all the basics.
- Be familiar with basic first aid techniques so you know what to do if you get injured.

5

TOOLS

- A knife or multitool can come in handy in a variety of situations.
- A small gear-repair kit (duct tape, zip ties, super glue, etc). Is also a good idea for small fixes.

6

FIRE

- Ways to make a fire include matches, lighter, tinder and/or stove.
- In case of an emergency, you need to have reliable supplies with you for starting and maintaining a fire.

9. Extra Water

- It's crucial to carry enough water for your outing. Most people need about a half liter per hour during moderate activity in moderate temperatures.

10. Extra Clothes

- Conditions can abruptly turn wet, windy or chilly
- Carry extra clothes beyond those required for your trip and wear layers

7

- Emergency Shelter:** -Always carry some type of emergency shelter to protect you from wind and rain like a space blanket or even a garbage bag.

Hiking Snacks

Snacks that are perfect for eating on-the-go!

1

GRANOLA BARS

- Granola bars are a great source of carbs, and possibly protein. This will give you a bit of energy when you need a boost.
- Granola bars come in so many different flavors that there is always something to satisfy your cravings!

2

CHEESE STICKS

- Cheese Sticks, Baby Bel, or other cheese snacks are a good source of calcium and fats and will help fill your hunger urges on the trail.
- Cheese can also be a great compliment to fruits like grapes or berries!

3

VEGGIE STICKS

- Vegetables are a great source of vitamins and minerals to help keep you going!
- Carrot sticks, cucumbers, celery sticks, and peppers are also a great source of water to keep you hydrated while you are out exercising!



Don't Forget:

Do Not Litter

Take any garbage with you and dispose of it properly. Not all trails have garbage cans so prepare to keep your garbage with you the whole hike.

4

SINGLE SERVE BAGS

- An easy snack to pack are prepackaged bags (or even snack bags you make yourself). Chips, popcorn, or trail mix are a great lightweight snack to carry around while you hike!
- If you get a variety pack you have an assortment of snacks to chose from.

5

BERRIES

- Berries are a great source of vitamins and minerals. They will offer you something sweet on the trail without added sugars.
- Don't eat berries you find on the trail. There are too many poisonous berries in NJ. Only eat berries you bring from home!

6

JERKY

- Jerky is a great source of protein and fats. This will give you an energy boost and keep you fuller for longer.
- There are so many types of jerky available too! Meat and mushrooms are the most common but you can dehydrate anything into a jerky!

Keep It Cool

Don't let food spoil. Bring a cooler to keep cold items cold. You can also keep your sunscreen in the cooler as well so when you reapply it has a nice cooling effect.

Stay Comfortable

Try to keep your snacks light weight. You want to be as comfortable as possible when hiking.

WATER

No matter what snacks you bring, make sure you bring enough water!

Leave No Trace

7 Principles to Lower Your Impact on the Environment

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1

PLAN AHEAD & PREPARE

- Prepare for extreme weather/emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of rock cairns, flagging, or marking.

2

DURABLE SURFACES

- These are established trails, campsites, rock, gravel, and dry grasses or snow.
- Protect river areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made.

3

DISPOSE OF WASTE

- Pack it in, pack it out. Pack out all trash, leftover food, and litter.
- Human waste must also be disposed of properly.
 - To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap.



The 3 Rs
always apply:

Reduce:

Reduce means to cut back on the amount of trash we generate.

Reuse

Reusing is taking old or unwanted items you might otherwise throw away and finding a new use for them. There are all sorts of ways you can reuse items to help reduce your trash footprint.

Recycle

Recycling is the last – and most commonly used – of the 3 Rs. Recycling is changing discarded materials into new products in order to avoid using more resources.

4

LEAVE WHAT YOU FIND

- Do not touch historic structures and artifacts,
- Leave rocks, plants, and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

5

MINIMIZE CAMPFIRE IMPACTS

- Use a lightweight stove for cooking.
- Use established fire rings, pans, or mound fires where fires are permitted.
- Keep fires small.
- Burn all wood and coals to ash, put out campfires completely.

6

RESPECT WILDLIFE

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

7

BE CONSIDERATE:

- Be kind and respectful to others, making sure to give them proper space and avoid overly loud voices and noises.

Poisonous Plants and Dangerous Insects

1

POISON IVY

- Leaves grow in 3's.
- Can be a plant in the ground or grow in vines.
- They are green in the summer but turn reddish in the fall.
- Found all over North America and New Jersey.

2

POISON OAK

- Also grow in leaves of 3's.
- The stem has a fuzzy texture.
- Can be a shrub in the ground or grow in vines.
- Found all over North America and New Jersey.

3

POISON SUMAC

- Double rows of pointy leaves.
- Grows as a shrub or tree. Mainly by wet soil like marshes and swamps.
- Leaves turn from orange, green, and red.
- Found all over Eastern North America and New Jersey.



Don't Forget:

**Leaves of 3
Leave Them
Be!**

Be Smart

Don't eat or touch plants or insects that you don't know what they are! Many poisonous plants have a version that is safe but it can be hard to tell them apart. So play it safe and leave them all alone!

Check the Billboard

Always check the posts at the beginning of trails for information about invasive insects or plants. If there is something to be aware of it will be posted there!

4

TICKS

- Like a dark, moist area.
- Carries Lyme disease.
- Wear long sleeves, and tuck your pants into your socks.
- Wearing light colored clothing helps spot them easier.
- Use Safe Bug Spray.

5

SPIDERS

- Be aware of your surroundings. Don't reach into dark areas. Brown recluses like to hide in the shadows.
- Use a stick when hiking in the morning or evening to disrupt spiderwebs.
- A messy web is a sign of a black widow spider in the area.

6

MOSQUITOS

- Carries diseases, especially harmful to pregnant women.
- Use safe bug spray to repel mosquitos.
- Grows in stagnant water, like swamps, ponds, even puddles.
- Out all day.

VISIT OUR [WEBSITE](#) TO LEARN MORE TIPS AND TRICKS FOR STAYING SAFE OUTSIDE!

The Conqueror

Virtual Fitness Challenges

www.NJSelfAdvocacyProject.org

Email: NJSAP@ArcNJ.org

1

WHAT IS THE CONQUEROR?

- A series of virtual fitness challenges
- Run, walk, bike, or swim to conquer a S.M.A.R.T fitness goal.
- Choose from an array of multicultural themes and geographic locations to travel virtually.

2

WHO WILL JOIN THE CHALLENGE?

- It is open to all Trailblazers members!
- You do not have to join, but it is free and we'd love to have everyone give it a try
- Your goal is for you only and you can work at your own pace

3

WHEN WILL IT BEGIN & END?

- We will choose a new challenge through The Conqueror each month: July, August, Sept.
- Each will last the whole month (30 or 31 days)
- You will receive a medal at the end of each challenge.



The Conqueror:

Track Your Progress

Using the website, app, or a smart watch/device

Conquer Your Fitness Goals

Choose a challenge, get your exercise miles in, and achieve your goals.

Get Rewarded

Display your beautiful medals for a job well done! We'll also check in with you each week to see how everything is going and talk about our different challenges.

4

WHERE DOES IT TAKE PLACE?

- Anywhere you want, quite literally!
- Your steps/milage can be done wherever you like
- The app will show you beautiful scenery for the geographic location you choose as your challenge

5

HOW DO I PARTICIPATE?

- You must be a Trailblazers member to join
- Choose a challenge and we'll make sure you get signed up!
- Use The Conqueror website, app, or sync your smart watch/device to record your activity each day

6

WHY SHOULD I JOIN?

- It is a fun way to work towards a goal of your choosing.
- You'll receive a beautiful medal for each Challenge you join
- It will keep you focused and motivated to keep your fitness goals

<https://www.theconqueror.events>

<https://www.theconqueror.events/get-the-app/>

Trail Etiquette

The Unspoken Rules of the Trails

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1

LEAVE NO TRACE

- This means there should be no evidence that someone was on the trail.
- Take all garbage with you.
- You can even be helpful and pick up other trash you find along the way.

2

STAY ON THE TRAIL

- Trails are set up to guide you and keep you safe.
- When you go off trail the terrain gets hard and dangerous. You could even get lost.
- You can also encounter wild animals off the path. You may even stumble across a wild den.

3

RESPECT WILDLIFE

- Remember that these animals live in the place you are hiking. They were here first and you need to respect them.
- Wildlife also include plants and rocks. Animals use these items as food and shelter. Leave them be.
- Respecting wildlife helps keep you safe.



NICETIES:

Say 'Hi'

A simple nod or wave is a pleasantry people exchange on the trail.

Keep Pets on Leashes

All pets should be leashed when walking out on trails. This keeps them safe and other walkers safe. You should also check to make sure pets are allowed on the trail before you go.

Inform Others

If you see something dangerous, or even cool, let other hikers know when you pass them. Warnings about animals are also something you should share.

4

KNOW THE RIGHT OF WAY

- If no one else is on the path you can spread out along the path.
- If other hikers are coming the opposite direction you should move to the right. If the path is wide enough you can keep walking. If it is narrow move over and let them pass.

5

CHECK ACTUAL RULES

- All trails and parks have official rules. These are usually posted at the beginning or end of each trail. They might also be posted online.
- Rules will include the times that the trail is open, warnings about wildlife, and events happening in the area.

6

SLOWEST HIKER LEADS

- To make sure the group you are hiking with stays together the slowest or least experienced hiker should lead or stay in the middle of the pack.
- This ensures everyone stays together and no one gets lost along the trail.

****DO NOT MESS WITH TRAIL MARKERS OR CHANGE SIGNS****

Wildlife Safety

Staying safe in nature and keeping nature safe!

1

TICKS/MOSQUITOS

-Ticks love dark, moist areas so check yourself after every hike. If you're bit make sure to properly remove the head and keep an eye out for a bullseye mark.

-Mosquitos carry deadly diseases so use bug spray! Make your own by mixing lemon eucalyptus oil & distilled water.

2

COYOTE

-If you see a coyote do not turn your back on them, or run away from them.

-Make loud noises and make yourself look big to scare the coyote.

-If they do not back down start throwing rocks or other objects.

3

BEARS

-NEVER enter a cave you find on a hike. This could be the home of a bear family.

-Do not make direct eye contact with bears.

-Make loud noises to try and scare the bear away.

-You can use bear spray to repel bears away.



You might also see:

Frogs

NJ has many different types of frogs & toads. Some are poisonous to humans and dogs so leave them where they lay.

4

FOXES/BOBCATS

-While foxes are mostly harmless to humans we should stay away. Foxes can get protective of their kits, which might be hidden nearby. If a fox starts to get aggressive you should slowly back away and don't make any sudden movements.

5

DEER

-Deer are all over New Jersey. They are more afraid of you and will run when they see you.

-Do not approach a male deer, it will protect itself using it's antlers.

-Ticks love to bite deer so do not touch them or you are sure to also get ticks on you.

6

SNAKES

-There are a lot of 'friendly' snakes but NJ also has venomous snakes. It is best to leave any snakes alone so you do not find out if it is venomous or not.

-Snakes like to sun bathe to gather heat in their bodies. You will often find them on trails and in swampy waters.

Turtles

Painted turtles, Box turtles and snapping turtles frequent hiking trails in NJ. Keep your hands and fingers to yourself because they will bite!

Birds

New Jersey is home to many different types of birds. Bring binoculars on your next hike and see what you can find! If you find a nest, let it rest!

RACCOONS

-You should not see a raccoon during the day. If you do Slowly back away & break eye contact. Try to get inside a building or vehicle.

Rainy Day Fitness

How to Exercise When It's Raining Outside

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1

TAKE THE STAIRS

-Spending 10 - 20 minutes marching up and down the stairs can drastically increase your step count.

-The stairs are also an excellent way to get your heart rate up, burning around eight to 11 kcal of energy per minute.

2

JUMP ROPE

-Skipping is one of the most effective cardio workouts.

-It can be done in a small space, and it can be a higher calorie burner than running.

-You can even buy ropes with handles only, if you don't have the vertical space.

3

HIGH STEP WORKOUTS

-There are a number of workouts which can increase your step count.

-When choosing a workout, try and find one that combines bodyweight and cardio.

-Exercises like burpees and lunges (or even better, lunge walks) are a great go-to.



If you do choose to go out in the rain:

Rain Gear

Wear a rain coat/ cap and waterproof boots, plus enough layers to stay warm. You can pack dry clothes to change into if you are going to be out a while.

4

SHOPPING

-Shopping centers and malls are usually huge and almost always located entirely indoors.

-Walk around the shops and you can easily get your 10,000 steps in - plus, you'll be close to coffee shops and cafes if you want to stop for a rest.

5

PRACTICE INEFFICIENCY

-Instead of taking one trip to do something, take multiple.

-Get up and change the television manually or walk around the supermarket numerous times to get your shopping instead of getting everything in one circuit.

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FITNESS VIDEO GAMES

-Ring Fit Adventure, Just Dance, Dance Dance Revolution, Fitness Boxing, Beat Saber and more offer options to work out as part of a fun video game.

-If you trick yourself into thinking your just playing a game, you may exercise longer than you would normally.

Keep Your Gear Dry

Use waterproof cases, zip lock bags, or trash bags to keep your gear dry too to avoid damaging anything.

Be Vigilant

Watch for slippery surfaces, flash floods, or any hazards caused by the bad weather. If it seems, dangerous, stay inside!

Just because it's raining doesn't mean we have to just sit around! There are plenty of indoor options for staying in shape.