**Chesterfield**
- Dutch Gap
- Robious Landing Park
- Rockwood Park
- Pocahontas State Park
- Bensley Park
- Point of Rocks/R Garland Dodd Park
- A Playground for Katie
- Mid-Lothian Mines Park

**Henrico**
- Echo Lake Park
- Glover Park
- Deep Bottom Park & Four Mile Creek
- Cheswick Park
- Dorey Park
- Tuckahoe Creek Park
- Short Pump Dog Park
- Twin Hickory Park and Recreation Center
- Springfield Park
- Lewis Ginter Botanical Gardens

**Hopewell**
- Woodlawn Park
- Arlington Park
- Crystal Lake
- Old City Point Waterfront Park
- King's Court Playground
- Mathis Park
- Westwood Park

**Petersburg**
- Petersburg National Battlefield
- Roslyn Landing Trail
- Petersburg High School track
- Central Park
- Lee Memorial Park
- Cooper Memorial Field
- McKenzie Street Playground
- Matoaca Park

**Richmond**
- Hollywood Cemetery
- Mary Munford Playground
- Belle Isle & Brown's Island
- Libby Hill Park
- Forest Hill Park
- Jefferson Park
- Carillon & Playground
- T. Pottersfield Memorial Bridge
- Canal Walk Murals
- Byrd Park
- Maymont
- Floodwall
- Larus Park
- Park 365
- Chimborazo Park
- Monroe Park
- Bryan Park
- Pony Pasture/Wetlands
- Virginia Capital Trail

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**PLAY & SHARE**

- Play "i-spy and exercise" - If you see a bird, flap your arms, bike - quick feet, bug - star jump, pine cones - jumping jacks, water - swim strokes, playground - run backwards, and squirrel - hop on one foot.
- Create an Obstacle Course, do a nature scavenger hunt, play dirt or grass is lava, or have a dance off
- Share your favorite outdoor play space or activity using #pickyourplayrva and tag @grfit4kids

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grfit4kids.org/pick-your-play