

## Explore the 50 states in 50 minutes

Take a whirlwind tour around the 50 United States from home! Read each of the activities listed in *50 Adventures in the 50 States* by Kate Siber and Lydia Hill and act out the activities you can do in each state. Check each state off as you visit it, and try to spend at least 1 full minute doing each state's activity – that's **50 minutes of exercise!**

- |   |  |
|---|--|
| <input type="checkbox"/> Climb boulders in Alabama            | <input type="checkbox"/> Horseback ride in Montana         |
| <input type="checkbox"/> Walk on a glacier in Alaska          | <input type="checkbox"/> Birdwatch in Nebraska             |
| <input type="checkbox"/> Go horseback riding in Arizona       | <input type="checkbox"/> Stargaze in Nevada                |
| <input type="checkbox"/> Kayak on a river in Arkansas         | <input type="checkbox"/> Climb a mountain in New Hampshire |
| <input type="checkbox"/> Surf in California                   | <input type="checkbox"/> People watch in New Jersey        |
| <input type="checkbox"/> Climb a frozen waterfall in Colorado | <input type="checkbox"/> Sand sled in New Mexico           |
| <input type="checkbox"/> Snowshoe in Connecticut              | <input type="checkbox"/> Go on safari in New York          |
| <input type="checkbox"/> Dolphin watch in Delaware            | <input type="checkbox"/> Scuba dive in North Carolina      |
| <input type="checkbox"/> Snorkel in Florida                   | <input type="checkbox"/> Mountain bike in North Dakota     |
| <input type="checkbox"/> Paddle whitewaters in Georgia        | <input type="checkbox"/> Ice fish in Ohio                  |
| <input type="checkbox"/> Explore a volcano in Hawaii          | <input type="checkbox"/> Dig in Oklahoma                   |
| <input type="checkbox"/> Soak in the hot springs in Idaho     | <input type="checkbox"/> Forage in Oregon                  |
| <input type="checkbox"/> Ice skate in Illinois                | <input type="checkbox"/> Slide in Pennsylvania             |
| <input type="checkbox"/> Fish in Indiana                      | <input type="checkbox"/> Sail in Rhode Island              |
| <input type="checkbox"/> Bike in Iowa                         | <input type="checkbox"/> Take a tour in South Carolina     |
| <input type="checkbox"/> Hike in Kansas                       | <input type="checkbox"/> Dig for fossils in South Dakota   |
| <input type="checkbox"/> Rock climb in Kentucky               | <input type="checkbox"/> Watch a light show in Tennessee   |
| <input type="checkbox"/> Go shrimping in Louisiana            | <input type="checkbox"/> Kiteboard in Texas                |
| <input type="checkbox"/> Ski and snowboard in Maine           | <input type="checkbox"/> Canyoneer in Utah                 |
| <input type="checkbox"/> Bike in Maryland                     | <input type="checkbox"/> Go leaf peeping in Vermont        |
| <input type="checkbox"/> Paddle a boat in Massachusetts       | <input type="checkbox"/> Hike in Virginia                  |
| <input type="checkbox"/> Camp in Michigan                     | <input type="checkbox"/> Sea kayak in Washington           |
| <input type="checkbox"/> Dogsled in Minnesota                 | <input type="checkbox"/> Raft the rapids in West Virginia  |
| <input type="checkbox"/> Take a road trip in Mississippi      | <input type="checkbox"/> Cross-country ski in Wisconsin    |
| <input type="checkbox"/> Explore caves in Missouri            | <input type="checkbox"/> Go on a safari in Wyoming         |

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