

Name _____

Get Fit On

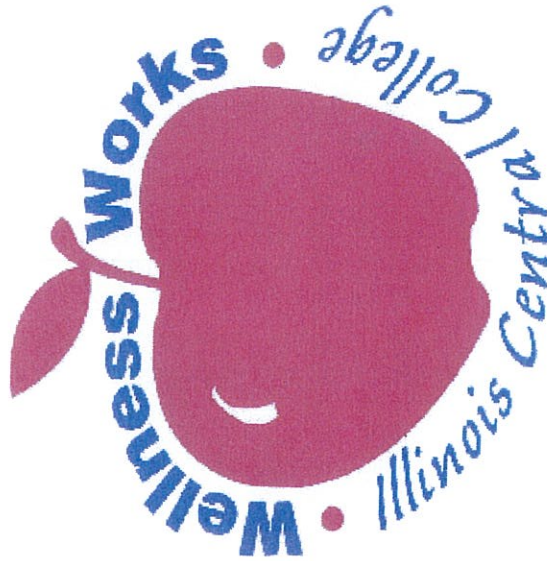
ROUTE 66

EXAMPLE



Route 66 is 2,448 miles from start (Chicago) to finish (Los Angeles), covering 8 states in all. The goal of this program is to travel through all 8 states on the course in the next 6 weeks. In order to successfully complete this program, it is necessary to complete 3 activity sessions per week. Each activity must be at least 20 minutes. After completing an activity session, write the date and activity on the Route 66 road sign. Only one activity session per day will count.

You can repeat activities or select several to keep it interesting. Fitness activities must be separate from exercise sessions claimed as fitness center or home



ILLINOIS

START

Chicago



MISSOURI



St. Louis



Springfield



KANSAS



Oklahoma City



OKLAHOMA



TEXAS



Amarillo

Name _____

Idea's to keep it interesting

Aerobic dance · Basketball · Bicycling · Handball · Hiking · Ice Hockey · Ice Skating
In-line Skating · Jogging/ running · Kickboxing · Racquetball
Jump Roping · Skiing · Snoeshoeing · Squash · Stair Stepping
Stationary Cycling · Swimming · Volleyball · Walking
Water Aerobics · Strength Training



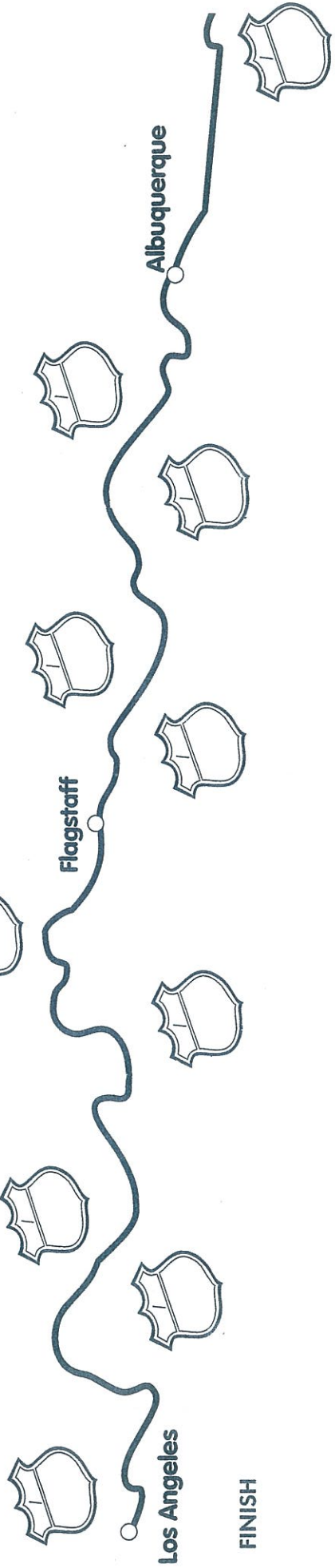
CALIFORNIA



ARIZONA



NEW MEXICO



Los Angeles

Flagstaff

Albuquerque

FINISH