RULES

1. Choose a state to exercise across. If you're new to exercise, select Rhode Island. Or, if you're a seasoned athlete, try Texas.

2. Vary the duration and intensity of your exercise. Some days, exercise easy for a longer period of time, other days try to boost the intensity of your workout, but exercise for less time. Also, vary the activities you do. This will help reduce your chances of plateauing or becoming bored with your program and may even reduce your risk of becoming injured. If you are a beginner, aim to exercise at least 90 minutes each week. If you've been exercising for a while, aim for exercising at least 3 hours a week, or whatever fits into your training plan.

3. Record your exercise miles on the Challenge Log Sheet. Make sure you keep track of your total monthly mileage so you know when you've reached your goal!

4. Make the trip interesting. For example, if you're exercising across Colorado, try doing more climbing activities such as stair climbing, step aerobics and walking or running on hills. Or, if your goal is Hawaii, how about swimming, aqua jogging or trying a rowing machine?

5. Take as many challenges as you like! Just remember that your accumulated mileage can only be used for one challenge at a time, except for the coast-to-coast challenge where you can add up various states' mileage to reach your 2,775 mile goal.

CHOOSE A STATE

Rhode Island 27 miles
Delaware 36 miles
New Jersey 72 miles
Hawaii 75 miles
New Hampshire 76 miles
Connecticut 80 miles
Vermont 81 miles
Massachusetts 125 miles
Florida 138 miles
Indiana 139 miles
West Virginia 149 miles
Mississippi 159 miles
Louisiana 177 miles
Michigan 185 miles
Alabama 195 miles
Maine 198 miles
South Carolina 207 miles
Illinois 212 miles
Maryland 215 miles
Ohio 220 miles
Georgia 227 miles
Arkansas 227 miles
California 247 miles
Utah 267 miles
Minnesota 273 miles

★ New York 285 miles
Pennsylvania 286 miles
★ Missouri 295 miles
Idaho 302 miles
★ Oklahoma 305 miles
Iowa 310 miles
★ Arizona 315 miles
Nevada 317 miles
★ Wisconsin 320 miles
Washington 335 miles
★ New Mexico 340 miles
Virginia 340 miles
★ Wyoming 348 miles
Kentucky 351 miles
★ North Dakota 355 miles
Oregon 358 miles
★ Colorado 371 miles
South Dakota 379 miles
★ Kansas 390 miles
North Carolina 396 miles
★ Nebraska 400 miles
Tennessee 439 miles
★ Montana 546 miles
Texas 661 miles
★ Alaska 858 miles

NAVY Fitness

BANGOR: (360) 315-2140
BREMERTON: (360) 476-7026

PICK A STATE!
RECORD PROGRESS!
BE FIT!

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Exercise Across America LOG SHEET

Log each day's miles in a box, then total at the end of the column. NAME:____________________

MONTH		*MONTH*		*MONTH*		*MONTH*		*MONTH*		*MONTH*	

*TOTAL*__________ *TOTAL*__________ *TOTAL*__________ *TOTAL*__________ *TOTAL*__________ *TOTAL*__________

*STATE/DISTANCE:*______________________________ *ACTIVITY (IES):*______________________ *START DATE:*__________

*IF YOU'VE COMPLETED OTHER STATES, PLEASE LIST:*______________________________________ *END DATE:*__________

CHOOSING AN ACTIVITY

Pick an activity that's fun and fits into your lifestyle. You'll be more likely to do it! Many sports are easy to measure in miles, but if you prefer something else, here are one-mile equivalents measured in minutes (estimated for a 143-pound person.) Aerobic Dance: 17, Basketball: 12, Calisthenics (sit-ups and push-ups, etc.): 23, Golf (without a cart): 20, Jumping Rope: 11, Karate/Box Aerobics: 9, Racquetball: 10, Rowing: 12, Spinning: 9, Stair Climbing: 8, Tennis: 14, Weight Training: 14.

TIPS FOR BEGINNERS

Check with your doctor when starting an exercise program. This is especially important if you or a family member have any heart problems.
If you are a beginner, start off easy (both duration of each exercise session and intensity of the activity) and gradually increase workout over time. Always keep your workout at a comfortable level. You should sweat a little, but be able to talk to a friend without shortness of breath.

Schedule time for your workouts. If you set aside a definite time to exercise, you'll be more likely to keep the commitment.

Ask a friend to join you. You'll motivate each other and you can challenge each other to see who exercises the farthest across America!

TIPS FOR SMART EXERCISE

Before exercise, warm up with light activity for 5 to 10 minutes. Then, stretch the muscles you will be working. (Never stretch a cold muscle. If you don't have time to stretch prior to exercise, still warm up and make sure you at least stretch after your cooldown.) Stretching will help maintain and increase flexibility.

Avoid becoming dehydrated. Drink 6 to 8 glasses of fluids (water, sports drinks or diluted fruit juices throughout the day.) About 15 to 30 minutes before exercise, drink 4 to 8 ounces of fluid. During exercise, drink 4 to 8 ounces every 15 minutes. After excercise, drink at least 8 to 16 ounces of fluid.

Eat plenty of good foods to stay well-fueled and to maintain your energy. Listen to your body if you are sore, skip your workout or reduce the intensity of your next exercise session.