

Whether you're seeking adventure, danger, competition or a dose of the great outdoors, there's an activity for you **in every state across the nation.**

OXYGEN'S

COMPILED BY THE OXYGEN TEAM
ILLUSTRATIONS VALERIA NOVA

50 ULTIMATE FITNESS Adventures

1.

Alabama

Hit up the Alabama Scenic River Trail for a day of paddling and a killer upper-body workout. There are 631 miles of natural beauty to choose from, and it's accessible year-round.

[2] ARIZONA

Take a body-toning tour of the Colossal Cave Mountain Park, near Tucson, Arizona. **Intermediate:** \$55, **Advanced:** \$75; colossalcave.com

[3] ARKANSAS

Spend a morning on one of the many scenic golf courses. Skip the cart and walk for an extra burn!

[4] ILLINOIS

Challenge your friends to paintball at one of the state's many fields.

[5] ALASKA

Carve the slopes and your core by snowboarding. **You'll torch around 515 calories per hour!**

[6] RHODE ISLAND

Hit the high seas and blast about 300 calories per hour by sailing in a regatta. sailnewport.org

{California} 7.

Lace up a pair of roller skates and hit the boardwalk in Venice Beach for a scenic workout that can **blast over 400 calories an hour**, and really fire up your glutes, quads and calves.

8.

Connecticut

Try cross-country skiing through the Winding Trails in the Farmington area. They have something for everyone, from beginners to pros. **Special Adult Learn to Ski Package:** \$35 (includes lesson, equipment and trail pass); windingtrails.com

9.

Missouri

Climb a tree — extreme style. Use ropes to ascend to the treetops in St. Louis. ginkgoadventures.com

ROLL YOUR WAY TO A ROCK-HARD BOOTY IN CALI.



[10] NEW YORK

Grab a Hula-Hoop and head to Central Park in New York City or find a class at fitnotic.com

[11] NORTH CAROLINA

Escape for a romantic fit adventure for two at the Outdoors Inn in Manteo. Ride bikes, kayak, snorkel and more. You'll leave fitter and more in love. **Cost: \$50-\$109/night;** theoutdoorsinn.com

[12] INDIANA

Take biking to the next level with a speedy track-cycling session at the Major Taylor Velodrome in Indianapolis, Indiana.

[13] WYOMING

Register for Pole Pedal Paddle, a four-event adventure race where you cross-country and downhill ski, bike and boat to the finish line. jhskiclub.org/polepedalpaddle

[14] NEBRASKA

If golf isn't your thing, try disc golf on one of many courses in Nebraska and get a great delts workout. nebdisc.com

[15] NEVADA

Get a bird's eye view with a hang gliding lesson.

[16] OHIO

Don't miss this year's Arnold Sports Festival — the largest multi-sport event and expo in the nation. arnoldsportsfestival.com

[17] WISCONSIN

Scale to a new level of fitness while rock climbing in Devil's Lake State Park. chickswithpicks.net

18. {Iowa}

Grab your glove, ball and bat and head to Dyersville, Iowa to play America's favorite game on the same diamond from the movie Field of Dreams. **It's free!**

19. {Vermont}

Strap on a pair of snowshoes and discover a winter wonderland on a backcountry trail tour in Vermont. voga.org

20.

North Dakota
Grab a pair of binoculars and a camera and explore one of 63 wildlife refuges in North Dakota. fws.gov

21.

Kansas

Strengthen your body and mind with a fencing lesson at the Kansas City Fencing Center in Overland Park, Kansas. **Burn up to 354 calories per hour!**



GET FIT IN THE FOREST.



PUT THOSE STRONG ARMS TO WORK ON THE RAPIDS.



FACT: SNOW-SHOEING BURNS 45 PERCENT MORE CALORIES THAN RUNNING!

22.

Hawaii

Dive into a full-body workout by signing up for an introductory scuba diving course in Oahu, Hawaii. **Cost: \$175;** oahuscubadiving.com

THIS UNDER-WATER WORK-OUT BURNS 400 CALORIES!

[23] TEXAS

Soar over treetops, blast calories and tone your upper body on a zip line adventure in Spicewood, Texas. cypressvalleycanoytours.com

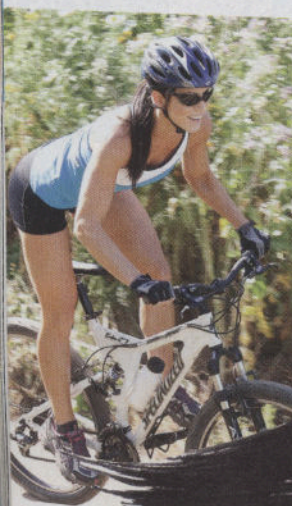
24.

Washington

Ride the rapids with a white-water rafting adventure in Index, Washington. Start doing your one-arm rows to get ready for some serious paddling. ▶



[25] MONTANA
Take rock climbing to the next level with an ice climbing lesson in Montana. Get ready for this full-body, calorie-killing workout by adding pull-ups into your routine. adventuremontana.com



28.

Idaho

Love mountain biking? Head for the trails in Sun Valley, Idaho. Prep for your ride by adding wall squats and lunges to your training routine.

26.

{Virginia}

Get off the treadmill and hit the trails of the Blue Ridge Mountains, Virginia. Visit Shenandoah National Park, where there are miles of trails for both beginners and gurus.

27.

New Jersey

Get a real taste of the Jersey Shore. Head down to the pier in Wildwood Crest, New Jersey and fish for your own crabs!

BYOB – bring your own bait. Free!

29.

Minnesota

Try water cycling. A unique pedaling kayak experience, water cycling works your lower body and can burn over 400 calories per hour. Prep for your pedaling with single-legged squats.

Cost: \$90/five hours; wavewalkermn.com

CHALLENGE YOUR BODY IN A WHOLE NEW WAY.

30.

{Delaware}

Want to try kiteboarding? Check out Dewey Beach, where the stretch of scenic coastline, sand and surf has become a mecca for local wave-riders.

WIND AND WAVES MAKE FOR A FULL-BODY WORKOUT.

[31] NEW MEXICO

Saddle up for Cowgirl Camp at Double E Ranch in Gila. Sound leisurely? You'll find out it's a quad and core workout you'll be feeling the next day. doubleeranch.com

[32] SOUTH DAKOTA

Set up camp in one of the state's campgrounds and parks. Rough it in the wilderness at a primitive location or enjoy the modern conveniences of showers and electricity. southdakota.com

[33] COLORADO

Visit the Great Sand Dunes National Park and Preserve. On the way, stop in Alamosa to rent a sandboard at Kristi Mountain Sports, then hit the dunes for a full-body burn. **Cost: \$18/day**

[34] WEST VIRGINIA

Like canoeing? Try a stand-up paddle boarding lesson on Summersville Lake in Lansing. You'll have all your muscles firing to stay balanced on the board. adventurewestvirginia.com

[35] MARYLAND

Work your upper body by canoeing along the Potomac and Shenandoah Rivers. rivertrail.com

[36] NEW HAMPSHIRE

Take a guided hike up a secluded mountain in the White Mountains in New Hampshire. At the top, you'll be rewarded with yoga flows and a breathtaking view. **Cost: \$100 for a private yoga hike;** symmetreeyoga.com

[37] MISSISSIPPI

Adopt a stream! Commit to cleaning up a local stream year-round, or participate in a one- or two-day workshop. Either way, you'll get a great workout for a good cause. mswildlife.org

[38] LOUISIANA

Discover the legends and history of New Orleans on one of many guided walking tours offered, like the spooky Cemetery Voodoo Tour. **Cost: \$20; tourneyorleans.com**

[39] MICHIGAN

Take part in an Olympic-style thrill by signing up for a Learn to Luge weekend clinic at Muskegon State Park, Michigan. **Cost: \$40; msports.org**

[40] KENTUCKY

Throw on your dancing shoes and head on down to Hoedown Island in the Natural Bridge State Resort Park for the weekly outdoor square dance. No experience necessary!

[41] SOUTH CAROLINA

Take part in the USMC Mud Run. It's packed with 5.2 miles of obstacles such as mud holes, walls and trenches, so prepare to get dirty – and fit! **usmcmudrun.org**

[42] PENNSYLVANIA

The Fit & Fab program at the Lodge at Woodloch in Hawley includes fitness evaluations, a personal training session, classes, a personalized meal plan, spa treatments and more. **Cost: \$1,500/three-day program; thelodgeatwoodloch.com**

44. {Georgia}

From May to August, pick a basket full of peaches at local farms across the state. Bring your own basket!

Cost: \$10–\$20

45.

Massachusetts

Upgrade from the gym's rowing machine! Get on the river with a rowing lesson and get a serious strength and aerobic workout combo. **communityrowing.org**

{Oregon} 46.

Fill up on farm-fresh clean eats as you take in the colorful sights and sounds of over 200 vendors at the renowned Portland Farmers Market. **portlandfarmersmarket.org**



[47] MAINE

Looking for thrills and chills? Try the women's dog sledding Winter Cabin Adventure in Starks, Maine. You'll be snowshoeing, skiing and more, with Siberian Huskies. **marylanddogsledging.com/maine_adventure.htm**

BUILD FRIENDSHIPS AND A BIKINI BOD.

48.

Florida

Blast up to 450 calories in The Sunshine State with a beach boot camp. **bootcampflorida.com**

[49] OKLAHOMA

Test your strength on the OSU Outdoor Adventure Challenge Course in Stillwater. It's designed with trees, ropes and platforms for you to climb, swing and zip line through. **Cost: \$30; campusrec.okstate.edu**

[50] UTAH

Go on a high-tech treasure hunt through the wilderness with a geocaching adventure. Geocaching uses a GPS to find hidden caches, with a logbook to sign and claim a prize! **stateparks.utah.gov**



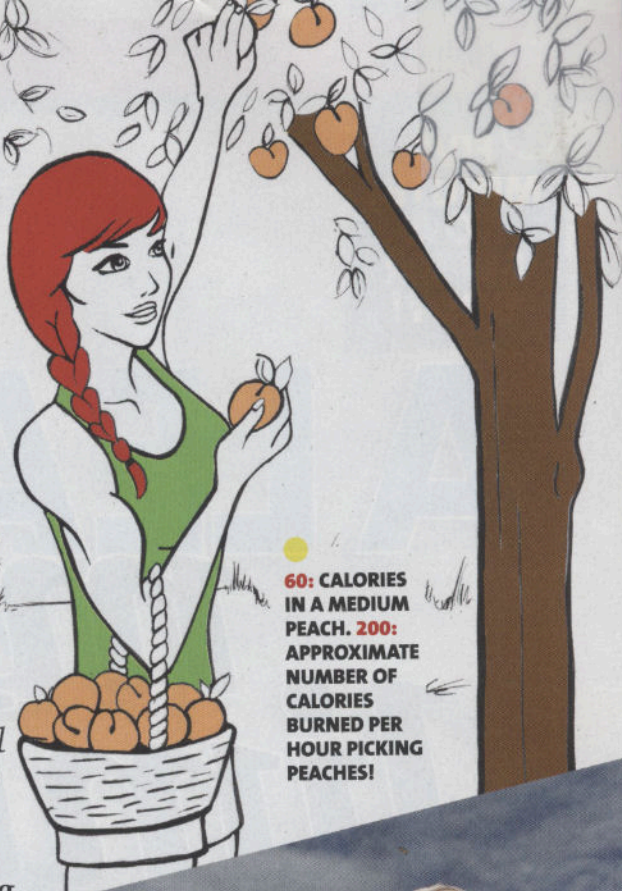
SHARE YOUR FIT ADVENTURE IDEAS WITH US! SEND AN EMAIL TO EDITORIAL@OXYGENMAG.COM

43.

Tennessee

Try globe riding in Pigeon Forge, Tennessee – a downhill thrill from inside a giant plastic sphere. **zorb.com**

YOU'VE NEVER TRIED AN ABS WORKOUT LIKE THIS.



60: CALORIES IN A MEDIUM PEACH. 200: APPROXIMATE NUMBER OF CALORIES BURNED PER HOUR PICKING PEACHES!

