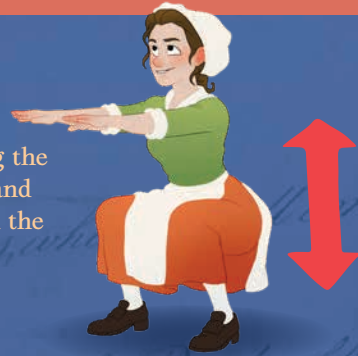


Everyday Heroes

The Founding Fathers were mostly wealthy men, but American Freedom was won by the collective action of regular people just like you! Train for victory like these heroes!

Cannon Ball Jump Squat

Molly Pitcher earned her name by braving the battlefield to bring water to tired soldiers and earned her place in history when she fired the cannon after her husband fell in battle.



Dig deep and explode up like a cannon!

Double Cross Mountain Climbers

James Armistead Lafayette gave the British false information while secretly reporting the truth to Washington. His spy skills allowed him to cross over enemy lines without suspicion to gather essential intel.

Alternate sides, crossing each knee toward the opposite elbow.



Fit Check

Washington's troops never marched without their kit and neither should you. Check off your gear before you start to train like a true patriot!

☐ Sun Protection

Hats are stylish and protect soldiers from sun and weather.



☐ Canteen

Water is essential for long marches and intense training



☐ Rations

An "ammo" pouch is a great place to keep trail snacks.



☐ Shoes

Footwear is the difference between adventure and disaster.



TRACK your hike at
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United States
★ **FREEDOM** ★
FITNESS

The road to American independence was long and difficult. The Founders understood that freedom is not something to simply sit back and enjoy, it's something you stand up for, march toward, and work hard to keep. Get ready to move! Strong citizens like you build a strong country.

Get fit with the Founders!

Power of the Pen Push Ups

In 1776, **Thomas Jefferson** wrote the **Declaration of Independence**. In it, he said that all people deserve life, liberty, and the pursuit of happiness. His words helped push the colonies toward freedom.

3rd
president

Now it's your turn to push. Build your strength to carry the spirit of freedom forward!
How many push-ups can you do?



1st
president

High Spirit High Knees

Before becoming first president of the United States, **George Washington** was commander-in-chief of the **Continental Army**. In a matter of months, he transformed an undisciplined army of colonists into a fighting force that defeated the most powerful military in the world.

Follow Washington like a proud patriot with knees high and head held higher!
How far can you march?

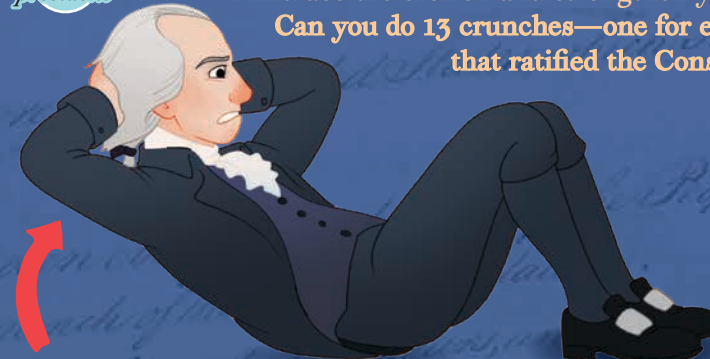


Constitution Crunch

James Madison crunched the big ideas of dozens of thinkers into one incredible document that we call the **U.S. Constitution**. This was a difficult job because it needed to be approved by at least nine of the thirteen states to take effect.

4th
president

Embrace the crunch and strengthen your core!
Can you do 13 crunches—one for each state that ratified the Constitution?



Boston Bounce Jumping Jacks

Before the Revolution, **John Adams** jumped to America's defense as a lawyer in Boston. He argued fearlessly against British tyranny in the colonies like the unfair taxation of the Stamp Act.

Jump up like John and spread your arms and legs like the spirit of revolution spread through the colonies.

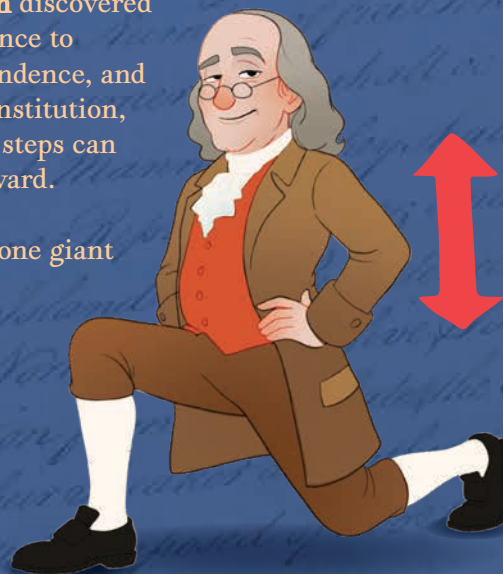
Can you do 27 jumping jacks—one for each complaint against the king in the Declaration of Independence?



Liberty Lunges

It takes big, bold steps to change the world. **Benjamin Franklin** discovered electricity, convinced France to support America's independence, and helped create the U.S. Constitution, proving that one person's steps can move a whole nation forward.

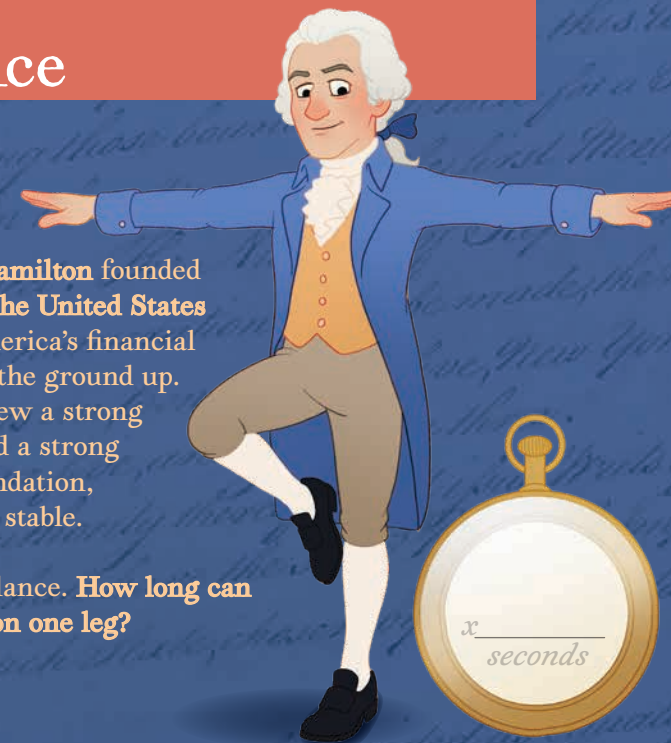
Lunge forward like Ben, one giant step at a time!



Budget Balance

Alexander Hamilton founded the **Bank of the United States** and built America's financial system from the ground up. Hamilton knew a strong nation needed a strong financial foundation, balanced and stable.

Find your balance. **How long can you balance on one leg?**



x _____
seconds