












Get Fit in the Mitt



-  Bike the trails in Kensington Park
-  Climb to the top of Boyne Mountain
-  Paddle a kayak on the Manistee River
-  Do a touchdown dance at Ford Field, home of the Detroit Lions
-  Go for a swim in Houghton Lake
-  March like a soldier from Camp Grayling to Fort Custer
-  Do yoga along the beaches of Holland
-  Hike to the top of the Lighthouse Tower at Presque Isle
-  Hit a homerun and run the bases at Cooley Law School Stadium like the Lansing Lugnuts
-  Trek the trails on Mackinac Island
-  Act like a monkey or elephant in the Binder Zoo
-  Run down the sand at Sleeping Bear Dunes
-  Cross-country ski along the beautiful shores of Lake Superior in Marquette

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