

State Capital	Activity
Albany	SKIP FORWARD BETWEEN CONES
Annapolis	SKIP BACKWARDS BETWEEN CONES
Atlanta	JUMP ROPE FORWARD 10 TIMES
Augusta	JUMP ROPE BACKWARDS 10 TIMES
Austin	JUMP FEET TOGETHER 10 TIMES
Baton Rouge	HOP ON ONE FOOT 10 TIMES
Bismark	3 FORWARD ROLLS
Boise	3 CARTWHEELS
Boston	10 LEG LIFTS
Carson City	10 LARGE FORWARD ARM CIRCLES
Charleston	10 LARGE BACKWARD ARM CIRCLES
Cheyenne	10 SMALL ARM FORWARD CIRCLES
Columbia	10 SMALL BACKWARDS ARM CIRCLES
Columbus	10 TOE TOUCHES
Concord	BALANCE ON ONE FOOT 10 SECONDS LEG TO THE SIDE
Denver	DRIBBLE A BASKETBALL 10 TIMES
Des Moines	3 BACKWARDS ROLLS
Dover	3 FORWARD STRADDLE ROLLS
Frankfort	3 BACKWARDS STRADDLE ROLLS
Harrisburg	SHOOT A BASKET FROM THE TOP OF THE KEY
Hartford	10 SQUAT-THRUSTS
Helena	JUMP AS FAR AS YOU CAN 3 TIMES
Honolulu	HULA HOOP 10 SECONDS
Indianapolis	JUMP AS HIGH AS YOU CAN 3 TIMES
Jackson	3 MULE KICKS
Jefferson City	REACH AS FAR AS YOU CAN IN THE SIT AND REACH
Juneau	10 SIT-UPS
Lansing	REACH AS FAR AS YOU CAN IN THE V-SIT
Lincoln	HOLD YOUR ARMS PALM UP STRAIGHT OUT TO THE SIDES FOR 10 SECONDS
Little Rock	HOLD YOUR ARMS PALM DOWN STRAIGHT OUT TO THE SIDES FOR 10 SECONDS
Madison	10 LEG THRUSTS
Montgomery	10 LUNGES FORWARD
Montpellier	10 LUNGES TO THE SIDE
Nashville	BALANCE A BOOK ON YOUR HEAD AND WALK FORWARD BETWEEN CONES
Oklahoma City	BALANCE A BOOK ON YOUR HEAD AND WALK BACKWARDS BETWEEN CONES
Olympia	10 PUSH-UPS
Phoenix	DRIBBLE A SOCCER BALL BETWEEN CONES
Pierre	BASKETBALL LAY-UP
Providence	FLEX-ARM HANG FOR 10 SECONDS
Raleigh	10 KNEE BENDS
Richmond	CRAB WALK BETWEEN CONES
Sacramento	10 WINDMILLS
Salem	10 JUMPING JACKS
Salt Lake City	MARCH IN PLACE 10 STEPS
Santa Fe	10 NECK ROLLS
Springfield	STAND ON ONE FOOT LEG IN FRONT FOR 10 SECONDS
St. Paul	STAND ON ONE FOOT LEG IN BACK FOR 10 SECONDS
Tallahassee	SEAL WALK BETWEEN CONES
Topeka	CRAWL FORWARD BETWEEN CONES
Trenton	CRAWL BACKWARD BETWEEN CONES