

PA Energizer

Let's take a 'physical activity' tour of South Dakota.

I invite you to participate as your abilities allow – sit, stand by your chair, or move around the room!

Are you ready for our first stop?

Can you guess where we are going?



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**Walking, warming up,
at Wall Drug and the
Badlands!**



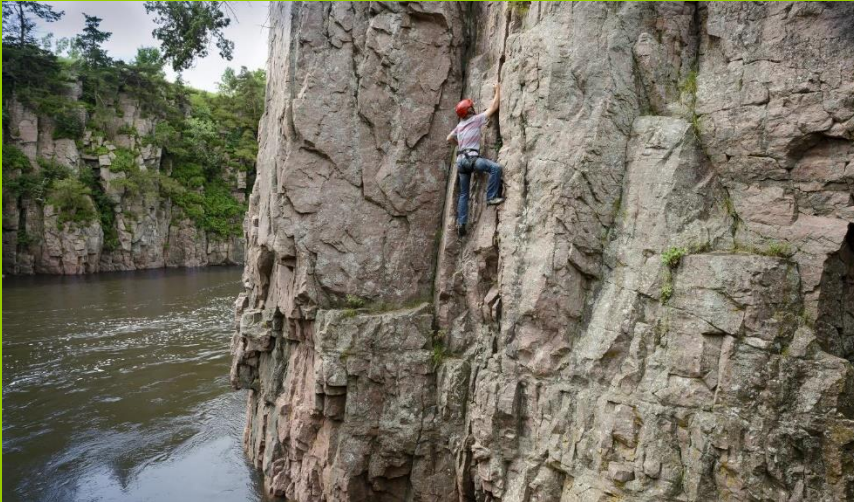
Photo by www.travelsouthdakota.com



Photo by www.walldrug.com

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Rock climbing in Palisades State Park!



Photos by www.travelsouthdakota.com

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Birdwatching in Buffalo!



Photo by www.travelsouthdakota.com

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Hiking Mt. Rushmore!



Photo by www.travelsouthdakota.com

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**Downhill skiing at
Great Bear Recreation
Park!**



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**Tubing on the
Mighty Mo' and
Lake Oahe -
Hang on!!!**



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**Cruising into
Sturgis!**



Photo by www.travelsouthdakota.com

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Climbing
Crazy Horse Memorial!

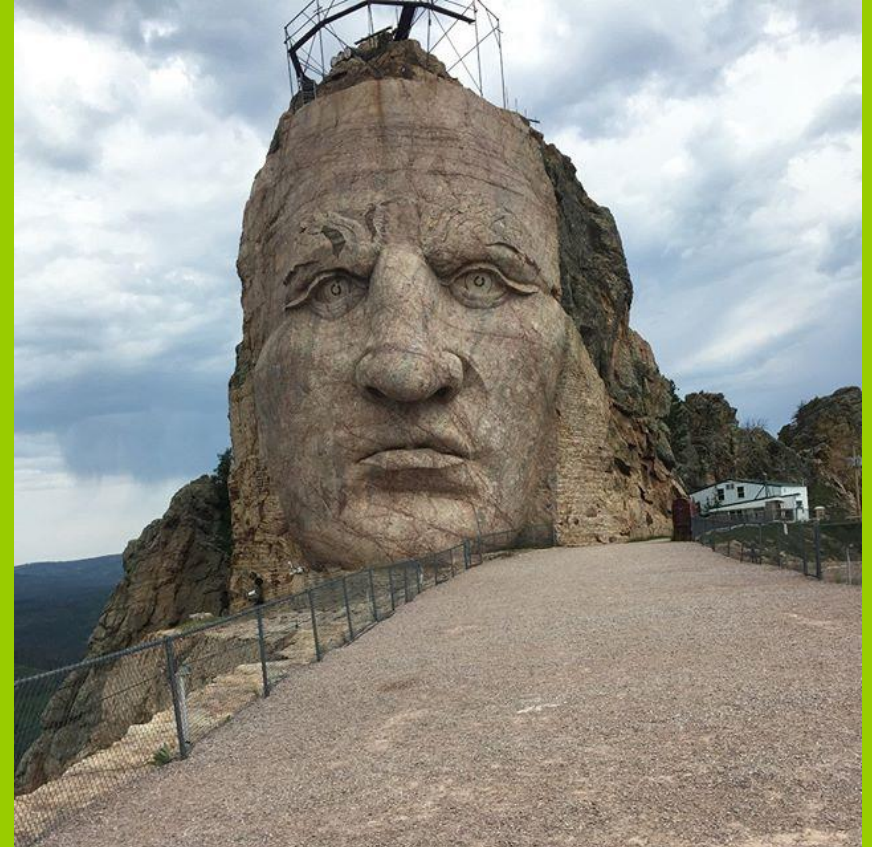


Photo by www.travelsouthdakota.com

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Biking and Rolling on the Mickelson Trail!



Photo by www.travelsouthdakota.com



Photo by www.disabilityhorizons.com

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**Clearing the
cornfields – hunting for
pheasants!**



Photo by Britney Beastrom

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Kayaking on Lake Madison!



Photo by southeastsouthdakota.com



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Disc golfing in Roy
Lake State Park!



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Running from
wildlife...anywhere in
South Dakota ☹



Photo by www.travelsouthdakota.com

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Walking
on the
Custer Sky Walk
Trail!

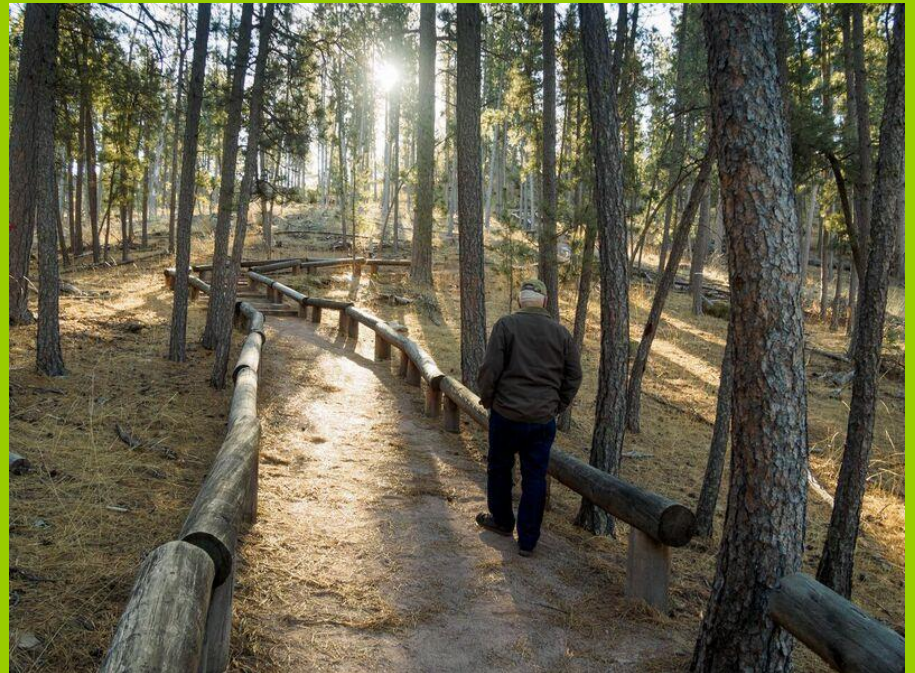


Photo by www.travelsouthdakota.com

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**Cross country skiing
on Terry Peak
Mountain!**



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Archery in Agar!



Photo by www.travelsouthdakota.com

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Snowmobiling,
pretty much
anytime,
anywhere, in
South Dakota ☹️



Photo by www.travelsouthdakota.com

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**Snowshoeing at
Ft. Sisseton Historic
State Park!**



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Fishing in Legion Lake!



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**Canoeing in
Chamberlain!**



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Gardening in Gregory!



Photo by Michael Klarenbeek
www.cityofgregory.com

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Swimming in Lake Eureka!



Photo by SouthDakotamagazine.com

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Horsin' around...
at the Rodeo!



Photo by www.travelsouthdakota.com

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**Driving the Native
American Scenic Byway!**



Photos by www.travelsouthdakota.com

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**Skipping in Sioux Falls
and
Frolicking in Falls Park!**



Photo by www.visitsiouxfalls.com/things-to-do/falls-park/

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Hula hoop in Hermosa!



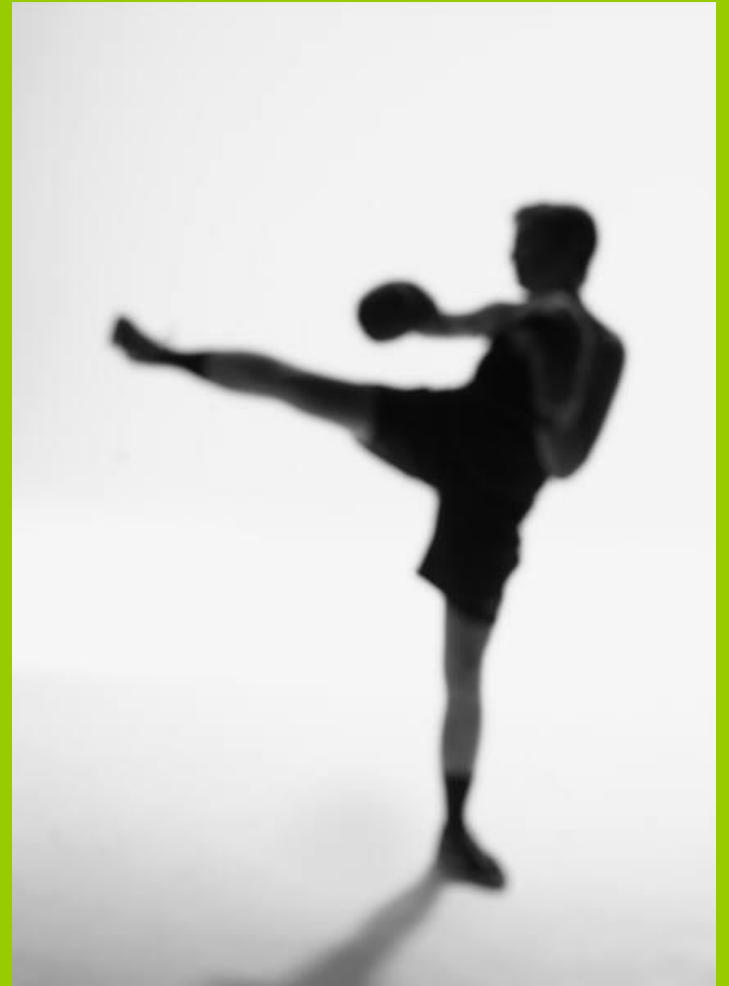
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Kickboxing in Kimball?

Pickle ball in Pickstown?

Big bends on Big Bend Dam?

Running out of ideas here☺



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And, last stop on our
tour....

Yoga in Yankton!



Photo by www.travelsouthdakota.com



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What a **beautiful tour**
of South Dakota!

Great Job!

Cool down and
stretch!



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