



Sedentary time



**GRAND CANYON**  
Step Challenge

Boston Children's Hospital **fit kit**  
funded by new balance Foundation



### Fun facts

- The Grand Canyon is a national park located in Arizona.
- The Colorado River runs for 277 miles through the Grand Canyon!
- It is larger than the state of Rhode Island.
- It is one of the most visited national parks in the United States.
- The highest temperatures are found at the lowest elevations inside the canyon.
- There are about 1,000 caves in the canyon, most of which are hidden!
- Rock squirrels in Grand Canyon National Park bite and can be dangerous.
- In 2017, Tim Ferriks set the Rim-to-Rim trail record, running it in 2 hours and 39 minutes