

## Join our Young at Heart S.T.E.P.S. Challenge!



*Do you want to be more active?  
Do you lack motivation to get moving?  
Do you want to challenge yourself?*

If yes, please join us for our next Young at Heart S.T.E.P.S. Challenge!

**Where:** Walk in your home, around your neighborhood, at the park, at a designated S.T.E.P.S. Safe Route, or in the Vintage Faire Mall. The Vintage Faire Mall opens their doors to our walkers as early as 6:00 a.m. To enter the mall prior to business hours, please enter through door #30 between JCPenney and Starbucks.

**When:** We have 2 annual challenges.  
February 25, 2019 - May 19, 2019  
August 12, 2019 - November 3, 2019

**How:** Pick up a registration form from our office, download a form off of our website or meet us at the mall on the first day of the challenge around 9:00 a.m.

**Why:** To help you strive to be more healthy and active. Aim for at least 30 minutes a day, most days of the week. With this challenge you will receive weekly motivational emails.

## S.T.E.P.S. SPONSOR



Creating Healthy Communities

## Brunch Sponsor



**Walk in a safe, temperature  
controlled environment  
thanks to**



V I N T A G E  
F A I R E

## Healthy Aging Association Programs

Young at Heart Fitness Classes  
*Go Green for Seniors* - Green Bag  
A Matter of Balance  
Fall Prevention Education  
Health & Nutrition Education

January 2019

## YOUNG AT HEART S.T.E.P.S.

Seniors Tracking  
Exercise in Perfect Strides

*Healthy Aging  
Association*



*INVEST IN AGING*

*Fitness & Health Programs  
Older, Wiser, Stronger*



*Our Mission is to "help older  
Americans live longer, healthier,  
more independent lives by promoting  
increased physical activity, sound  
health, and nutrition practices."*

**(209)525-4670**

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# Young at Heart S.T.E.P.S. Walking Log

Please record the number of <u>MILES</u> walked for each day of the challenge. Using a fitness tracker? Record your total miles for the day!												
<b>12 Week Challenge!</b>	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												
Weekly Total Miles												
Report your miles every 4 weeks to Healthy Aging Association by joining us at our check-ins or by calling (209)525-4670												
Report these totals	Total Miles Weeks 1-4				Total Miles Weeks 5-8				Total Miles Weeks 9-12			

**Walk to reach your goals!**  
 Register for motivational weekly emails and to be invited to our Awards Ceremony!

- 50 miles** → **1st Reward**
- 150 miles** → **2nd Reward**
- 250 miles** → **3rd Reward**

<b>Name:</b>	<b>Total Challenge Miles =</b>
<p><i>Attention Mall Walkers!</i>          One lap around the first floor of the mall, including alcoves, is about a half of a mile. Walk two laps for a full mile.</p> <p><i>Report your miles every 4 weeks to be invited to our Awards Brunch!</i></p>	<p><b><u>Spring 2019 Challenge Dates</u></b></p> <ul style="list-style-type: none"> <li>• <b>February 25-</b> Register at the mall between 8 and 9:30 or mail in your registration form.</li> <li>• <b>March 25 -</b> Meet us at the mall or call your miles from weeks 1-4.</li> <li>• <b>April 22 -</b> Meet us at the mall or call your miles in from weeks 5-8.</li> <li>• <b>May 19 -</b> Last day of challenge - Awards ceremony, this week!</li> </ul>