

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

12 Week Walking Challenges

Spring - First Monday in February

Fall - First Monday in August

Young at Heart (YAH) S.T.E.P.S. is a 12 week walking challenge offered twice a year in partnership with the Vintage Faire Mall.

The Healthy Aging Association and Central Valley Medical Group will be at the Mall at the end of every 4 weeks during the Challenges.

You are welcome to walk in the Vintage Faire Mall as early as 6:00 AM. Please check in each day on the sign in sheet when you arrive through door #30, by JC PENNY'S inside the Mall.

SAVE THE DATES

Third Friday in October

Healthy Aging & Fall Prevention Summit

Modesto Centre Plaza

First Friday in May

Age with Movement Celebration

East La Loma Park

Updated January 2017

WHY JOIN THE CHALLENGE?

- Safe, temperature-controlled environment for comfortable walking.
- Encouragement and motivation from group.
- Participant exclusive awards ceremony at the conclusion of the 12 week challenge.
- Receive a copy of the Healthy Aging Today Newsletter.
- Rewards available to registered walkers who track their mileage on the S.T.E.P.S. Miles Tracking Log inside this form and report your miles walked at the end of every 4 weeks at the Healthy Aging booth at Mall.
- Special prize to the walker who walks the most miles.

Registration is FREE!

Download form online and bring to first day of challenge or you can mail it in. *Visit the webpage for details.*

[www.healthyagingassociation.org/
young-at-heart-steps.html](http://www.healthyagingassociation.org/young-at-heart-steps.html)

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

For Older Adults 60 years & Older



Seniors
Tracking
Exercise in
Perfect
Strides

Healthy Aging Association

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12 Week Challenge - S.T.E.P.S. Miles Tracking Log

Day	Week 1 # of Miles	Week 2 # of Miles	Week 3 # of Miles	Week 4 # of Miles	Week 5 # of Miles	Week 6 # of Miles	Week 7 # of Miles	Week 8 # of Miles	Week 9 # of Miles	Week 10 # of Miles	Week 11 # of Miles	Week 12 # of Miles
Mon												
Tues												
Wed												
Thurs												
Fri												
Sat												
Sun												
Weekly Total Miles												

50 laps/
25 miles

**1st
Reward**

100 laps/
50 miles

**2nd
Reward**

200 laps/
100 miles

**3rd
Reward**

500 laps/
250 miles

**4th
Reward**



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. *(Step Stride may vary miles).*



Healthy Aging Tip:
Aim for at least 30 minutes a day most days of the week, such as walking, gardening, strength training, or Tai Chi, to help you remain healthy, active, and independent.

For Staff Use Only

Weeks	Dates	4 Week Total
1 thru 4		
5 thru 8		
9 thru 12		
Grand Total =		