

12 WEEK CHALLENGE

12 Week Walking Challenges

SPRING: February - May

FALL: July/August - October

Young at Heart S.T.E.P.S. is a 12 week walking challenge offered twice a year in partnership with the Central Valley Medical Group and Vintage Faire Mall.

You are welcome to walk in the Vintage Faire Mall as early as 6:00 a.m. Please check in each day on the sign in sheet when you arrive through door #30, by JCPenney, if your name is not on the sign-in sheet please fill out a registration form.

On Day ONE of the Challenge and at the end of every 4 weeks, Healthy Aging Association and Central Valley Medical Group will be at the Vintage Faire Mall in front of JCPenney to cheer on the walkers and as an easy way to report your miles for the last 4 weeks.

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.

PROGRAM SPONSOR



CENTRAL VALLEY
MEDICAL GROUP

BRUNCH SPONSOR



Walk in a safe, temperature
controlled environment
thanks to



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

Registration is FREE!

Meet us at the mall for the challenge kick-off or download the registration form online and mail it in.

May 2017

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

For Older Adults 60 years & better



S.T.E.P.S.

Seniors

Tracking

Exercise in

Perfect

Strides

Healthy Aging Association

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Modesto, CA 95355

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www.HealthyAgingAssociation.org

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!												
12 Week Challenge!	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 these totals to Healthy Aging												

25 miles

**1st
Reward**

50 miles

**2nd
Reward**

100 miles

**3rd
Reward**

250 miles

**4th
Reward**

Attention Mall Walkers!

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.

Using a pedometer or fitness tracker?

Please note, they are not calibrated to your length of stride (which is vital for counting miles accurately). Stride length varies with leg length and speed.

STEPPERS!

Please make sure you fill out a Young at Heart S.T.E.P.S. registration form to receive participant rewards and to be invited to the Awards Ceremony & Brunch!

Name:

Total Miles for the Challenge =