

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.
March 2, 2020 - May 24, 2020
August 17, 2020 - November 8, 2020

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

October 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

3500 Coffee Road, Suite 19
Modesto, CA 95355

healthy.aging2000@gmail.com
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 3/2-3/8	Week 2 3/9-3/15	Week 3 3/16-3/22	Week 4 3/23-3/29	Week 5 3/30-4/5	Week 6 4/6-4/12	Week 7 4/13-4/19	Week 8 4/20-4/26	Week 9 4/27-5/3	Week 10 5/4-5/10	Week 11 5/11-5/17	Week 12 5/18-5/24
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												
<i>Report these totals</i>	Total Weeks 1-4 (report on March 30)				Total Weeks 5-8 (report on April 27)				Total Weeks 9-12 (report on May 25)			

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**

Name:	Total Spring Challenge Miles =
<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><i>Interested in joining a walking group?</i></p> <p>Where: Modesto Senior Center 211 Bodem Street, Modesto 95350</p> <p>When: Mondays & Wednesdays at 9:00 a.m. & 10:30 a.m. and Fridays at 10:30 a.m.</p>