

## 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.  
August 17, 2020 - November 8, 2020  
February 22, 2021 - May 16, 2021

**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

July 2020

## 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 MILES 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 8/17-8/23	Week 2 8/24-8/30	Week 3 8/31-9/6	Week 4 9/7-9/13	Week 5 9/14-9/20	Week 6 9/21-9/27	Week 7 9/28-10/5	Week 8 10/5-10/11	Week 9 10/12-10/18	Week 10 10/19-10/25	Week 11 10/26-11/1	Week 12 11/2-11/8
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 September 14)				Total Weeks 5-8 (report on October 12)				Total Weeks 9-12 (report on November 8)			

## 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:**

### *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.

*Report your miles every 4 weeks to be invited to our Awards Brunch!*

**Total Spring Challenge Miles =**

### *Interested in walking a designated walking route?*

Contact Healthy Aging Association to receive a walking route brochure for one of the S.T.E.P.S Safe Walking Routes for Modesto, Ceres, or Patterson, complete with map and walking tips. Please call (209)525-4670 and we will mail you the map of your choice. An easy way to social distance, get fresh air and get fit!