

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. Currently the Vintage Faire Mall opens their doors to our walkers during their regular business hours.

When: We have 2 annual challenges.
August 9, 2021 - October 31, 2021
February 28, 2022 - May 22, 2022

How: Pick up a registration form from our office, download a form off of our website, or typically meet us at the mall on the first day of the challenge around 8:00 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 and adherence calls.

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
Dignity At Home - Fall Prevention
Fall Prevention Education
Leah's Pantry Food Smarts

May 2021

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 MILES walked for each day of the challenge. Using a fitness tracker? Record your total miles for the day!

12 Week Challenge!	Week 1 8/9-8/15	Week 2 8/16-8/22	Week 3 8/23-8/29	Week 4 8/30-9/5	Week 5 9/6-9/12	Week 6 9/13-9/19	Week 7 9/20-9/26	Week 8 9/27-10/3	Week 9 10/4-10/10	Week 10 10/11-10/17	Week 11 10/18-10/24	Week 12 10/25-10/31
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 7)				Total Weeks 5-8 (report on October 4)				Total Weeks 9-12 (report on November 1)			

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

50 miles

1st Reward

Walk .5 mile daily

150 miles

2nd Reward

Walk 1.5 miles daily

250 miles

3rd Reward

Walk 3 miles daily

Name:

Total Challenge Miles =

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!

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 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!