

## 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:** Join our Challenge!

August 15, 2022 - November 6, 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  
between 8:30 a.m. and 9:30 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

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## 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  
Food Smarts Courses

April 2022 – Fall 2022 Challenge

## 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.”*

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**(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 08/15	Week 2 08/22	Week 3 08/29	Week 4 09/5	Week 5 09/12	Week 6 09/19	Week 7 09/26	Week 8 10/03	Week 9 10/10	Week 10 10/17	Week 11 10/24	Week 12 10/31
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												
<b>Weekly Total Miles</b>												
<b>Report your miles every 4 weeks to Healthy Aging Association by joining us at our check-ins or by calling (209)525-4670</b>												
<i>Report these totals</i>	<i>Report miles on September 12</i>				<i>Report miles on October 10</i>				<i>Report miles on November 7</i>			
	<b>Total Weeks 1-4:</b>				<b>Total Weeks 5-8:</b>				<b>Total Weeks 9-12:</b>			

**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!