

## 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 Challenges!

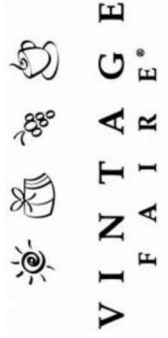
Spring 2024: February 26 - May 19

Fall 2024: August 19 - November 10

**How:** Pick up a registration form from our office, download a form off of our website, or meet us at our office on the first day of the challenge.

**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. SPONSORS



## 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 Nutrition Courses

## 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 02/26	Week 2 03/4	Week 3 03/11	Week 4 03/18	Week 5 03/25	Week 6 04/1	Week 7 04/8	Week 8 04/15	Week 9 04/22	Week 10 04/29	Week 11 05/6	Week 12 05/13
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												
<b>Weekly Total Miles</b>												
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>	<i>Report miles on March 25</i>				<i>Report miles on April 22</i>				<i>Report miles on May 19</i>			
	<b>Total Weeks 1-4:</b>				<b>Total Weeks 5-8:</b>				<b>Total Weeks 9-12:</b>			

Walk to reach your goals!  
Submit your miles to be invited to the awards ceremony for your chance to win some prizes.

- 50 miles**  
Invitation to Awards Ceremony  
Walk .5 mile daily
- 150 miles**  
**1 Ticket**  
Walk 1.5 miles daily
- 250 miles**  
**5 Tickets**  
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.

**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!