

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



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."*

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

(209)525-4670

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Modesto, CA 95355

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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 08/19	Week 2 08/26	Week 3 09/2	Week 4 09/9	Week 5 09/16	Week 6 09/23	Week 7 09/30	Week 8 10/7	Week 9 10/14	Week 10 10/21	Week 11 10/28	Week 12 11/4
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>	<i>Report miles on September 16</i>				<i>Report miles on October 14</i>				<i>Report miles on November 11</i>			
	Total Weeks 1-4:				Total Weeks 5-8:				Total Weeks 9-12:			

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:

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.

Total 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 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!