

## 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 2023: February 27 – May 21

Fall 2023: August 21 – November 12

**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."*

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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 Nutrition Courses

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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 08/21	Week 2 08/28	Week 3 09/4	Week 4 09/11	Week 5 09/18	Week 6 09/25	Week 7 10/2	Week 8 10/9	Week 9 10/16	Week 10 10/23	Week 11 10/30	Week 12 11/6
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 September 18</i>				<i>Report miles on October 16</i>				<i>Report miles on November 13</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

<b>Name:</b>	<b>Total Challenge Miles =</b>
<i><b>Attention Mall Walkers!</b></i> 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.	<i><b>Interested in walking a designated walking route?</b></i>  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!