

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 2026: February 23–May 17  
Fall 2026: August 17–November 08

**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



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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 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.”*

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**(209)618-4720**

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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!

12 Week Challenge!	Week 1 02/23	Week 2 03/02	Week 3 03/09	Week 4 03/16	Week 5 03/23	Week 6 03/30	Week 7 04/06	Week 8 04/13	Week 9 04/20	Week 10 04/27	Week 11 05/04	Week 12 05/11
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)618-4720

<b>Report these totals</b>	<i>Report miles on March 23rd</i>	<i>Report miles on April 20th</i>	<i>Report miles on May 18th</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  
**1 Ticket**
- 150 miles**
- Walk 1.5 miles daily  
**5 Tickets**
- 250 miles**
- 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)618-4720 and we will mail you the map of your choice. An easy way to social distance, get fresh air and get fit!