



My Personal Fitness Journey

- WHERE AM I NOW? • WHERE DO I WANT TO BE? • HOW CAN I GET THERE? •

Questions to consider as you listen and observe today. You will find resources and support to answer your fitness questions. We hope you will find a starting point that is personally suited to you, as well as professionals you can talk to and will offer support for your needs.



- Do I want to be more active?
- Do I enjoy being active with others or alone?
- What would motivate me to be more active?
- Do I manage the stress of daily living in a positive manner?
- Do I feel enough social connection with others?
- Could I use advice on healthy eating?
- Are other people feeling like me?
- Would connecting with others (either professionals or people like me) help me to move towards my fitness goal?

GET READY TO EMBARK ON YOUR PERSONAL FITNESS JOURNEY! EXPLORE THE PASSPORT AND THE OPPORTUNITIES THAT AWAIT YOU!

PASSPORT

Join in the fun for healthier living! Complete 8 of the following activities in the Passport by June 30, 2016. Mark the date in the stamp of the completed activity! Submit your Passport to the Emeriti Wellness Champions (Kris Johnson, Sue Briske) for a drawing to win TBD. Winner will be announced **July 11, 2016**. Happy travels!!

Enroll in 12 Habits of Highly Healthy People program

Eat fish and/or beans at least twice weekly

Attend a DAHLC Active Older Adult (AOA) class

Walk or bike one of the many recreational trails available

Sign up to trial the 24alife healthy lifestyle application

Obtain a Wellness Coaching Consultation

Start a gratitude journal

Enroll in 12 Strategies for Healthy Aging program

Attend a mind/body class (i.e. yoga, meditation, Alexander Technique, Tai Chi)

Attend a local concert (i.e. Down By the Riverside, Thursday's on First, etc.)

Attend a LIFE class

Tour the Healthy Living Program

Sign up to participate in an aging research study

Eat 3 servings of vegetables daily

Volunteer for a local community event or help someone in need

Tour the DAHLC

Connect with a long lost family member / friend

Enjoy a healthy lunch in the DAHLC Cafeteria