

Active Aging Challenge!

Highlight/circle/cross off each activity you have completed and turn in all completed sheets to Erin by Thursday Sept 29 (Monthly log sheets can be turned in By Monday Oct 3, 2022)

SEPTEMBER 2022						
Do Something water related and post in the WHV Facebook Group	Push up challenge Do as many pushups as you can on day 1 each day add 1 more push up!	Do a Guided Meditation <i>WHV offers Meditation on Thursdays at 8:30am</i>	Go on a hike with a Westhills Village friend & Post in the Westhills Village Wellness Facebook group	Walk 1 Mile consecutively every day & record your route	Share a Healthy Recipe in the Westhills Village Wellness Facebook group	Track your Blood Pressure Every day <i>(Tracker form available)</i>
Track your Water intake every day <i>(Tracker form Available)</i>	Complete the WHV Hiking Challenge <i>(Challenge brochure available)</i>	Go Golfing at the WHV Putting Green or any Golf course and post a pic in the Westhills Village Wellness Facebook Group	Do something for your Spiritual Wellness and post a picture in the WHV wellness Facebook group	Read a personal Development Book and post your 3 take aways from it in the WHV Wellness Facebook Group	Walk, run, or hike a 5K (3.1 miles) Track your route and post it in the Westhills Village Wellness Facebook group	Post a motivational quote in the Westhills Village Wellness Facebook group
In Honor of Grandparents Day- Write a letter to a Grandchild or a Grandparent	Do Something on a Bike and Post it in the WHV Wellness Facebook group	Write in a gratitude journal every day	Attend a WHV sanctioned Event Off Site	Take a picture of your workout and post on the WHV wellness Facebook Group	Track your Sleep every day this month <i>(Tracker form available)</i>	Take a photo with a statue and post it in the WHV Wellness Facebook Group
Go Geocache and post your findings on the Westhills Village Wellness Facebook page	Play in a card Tournament at Westhills Village	Do something for your Brain Health and post about it in the Westhills Village Wellness	Attend any WHV Exercise class in person or through Zoom <i>Code: 837 2821 1616</i> <i>Password: 0255</i>	Share a photo on the WHV Facebook Page doing something Unique in your WHV Gear	Attend a WHV sanctioned Event on site at Westhills Village	Track your steps every day this month <i>(Tracker form available)</i>