



THE JOURNEY TO 30 CHALLENGE

Go to the [SilverSneakers blog](#) for instructions to complete each move!

Whenever you see this, take a selfie or a screenshot from your LIVE workout and post it to our [Facebook page](#) with @SilverSneakers!

Start

AUGUST 22



Take *any* SilverSneakers class **OR** Do our 6-move anywhere workout

AUGUST 23

Make a meatless meal

AUGUST 24

Take a [SilverSneakers LIVE 30th Anniversary Cardio & Strength class](#) **OR** Do 30 knee drivers

AUGUST 25

Take a [SilverSneakers LIVE Line Dancing class](#) **OR** Do this 8-minute dance workout

AUGUST 26



Take a [SilverSneakers LIVE Walk Strong class](#) **OR** Add a speed drill to your walk

How many unique [SilverSneakers Community classes](#) are there?

[A: 70+]

SEPTEMBER 6

Make a photo-worthy salad

SEPTEMBER 5



Take *any* SilverSneakers class **OR** Do our 5-move anywhere workout

AUGUST 30

Write a [Love Letter to SilverSneakers](#) **OR** Text, call, or write a friend

SEPTEMBER 7



Take *any* SilverSneakers yoga class **OR** Do our 3-move yoga flow

AUGUST 31

Join our [Facebook Live](#) event at 2:30 p.m. ET and help us set a GUINNESS WORLD RECORDS™ title. All are welcome!

SEPTEMBER 1

Whip up a dessert smoothie

SEPTEMBER 8

Take a [SilverSneakers LIVE Gentle Stretch class](#) **OR** Do our seated stretch sequence

SEPTEMBER 2

Do 30 sit-to-stands AND Members: RSVP for the [SilverSneakers LIVE 30th anniversary workout party!](#)

SEPTEMBER 9

Do our 15-minute total-body seated workout

SEPTEMBER 12

Take a [SilverSneakers LIVE Zumba Gold class](#) **OR** Do our 10-minute cardio home workout

SEPTEMBER 13

Take *any* SilverSneakers class **OR** Invite a friend to work out with you

SEPTEMBER 14

Calculate your protein needs and make an easy high-protein, low-sugar snack

SEPTEMBER 15

Take *any* SilverSneakers class **OR** Do a 60-second Farmer's Carry

How many workouts have SilverSneakers members completed?

Members: Don't forget to RSVP for the [SilverSneakers LIVE 30th anniversary workout party!](#)

You made it!

SEPTEMBER 16



Members: Join the [SilverSneakers LIVE 30th anniversary workout party](#) at 1:00 p.m. ET!

[A: More than 50 million]