

## GOLDCARE 55+ MILEAGE CLUB REGISTRATION FORM

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Phone \_\_\_\_\_

Email: \_\_\_\_\_

The GoldCare 55+ Mileage Club is designed to encourage and reward consistent moderate exercise by GoldCare 55+ members. Every exercise activity completed for 20 minutes uninterrupted counts as one mile. Use this chart to keep up with your miles and types of activities you are participating in. You can be anywhere, all exercise counts.

Mileage Club for 2018 ends on Dec. 31, 2018.  
(Mail your form to us by January 30, 2019, so we can order your shirt!)

If you are working out more than 20 minutes per session use the following time reporting chart.

20 minutes = 1 mile  
30 minutes = 1.50 miles  
40 minutes = 2.0 miles  
50 minutes = 2.50 miles  
60 minutes = 3 miles  
80 minutes = 4 miles

Better health is your main reward so get started today. For fun encouragement we also want you to join the First 100 Mile Club! Let us know when you are there by mailing a copy of your form to us!

After completion of 250 Mile Club you will have earned a 2018 Mileage Club T-shirt. These T-shirts are special. You can't purchase them, they can only be earned!

"It is never too late to finish well!"

Call to register with us!  
256.571.8023

Mail form to:  
GoldCare 55+  
2320 Homer Clayton Drive  
Guntersville, AL 35976

*The benefits of regular,  
moderate exercise are incredible.*

### Regular exercise can help:

- Make you feel happier
- Impact weight loss
- Improve your muscles and bones
- Reduce your risk of chronic disease
- Enhance skin health
- Boost brain health and memory
- Augment relaxation and sleep quality
- Reduce pain

GoldCare 55+ members receive discounts on memberships to Therapy Plus where you can utilize classes, equipment and walking trails at both locations. (\$30 per person at either location for GoldCare 55+ members.)

Monthly rates are discounted \$5 per member. Check with your insurance company to see if they provide coverage for the Silver Sneakers or Silver and Fit programs. If so, your membership would be at no cost to you.



Mileage Club

