

GOLDCARE55+ MILEAGE CLUB REGISTRATION FORM

First Name _____

Last Name _____

Phone _____

Email: _____

The GoldCare55+ Mileage Club is designed to encourage and reward consistent moderate exercise by GoldCare55+ members. Every exercise activity completed for 20 minutes un-interrupted, 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.

Participation may begin anytime and ends on Dec 31st each year. For your complimentary shirt, form must be received before Jan 30th with shirt size:

S___ M___ L___ XL___ 2XL___ 3XL___

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 Mileage Club T-shirt. These T-shirts are special as you cannot earn them, they can only be earned!

“It is never too late to finish well!”

Call to register with us!

256.571.8000

256.753.8000 (For Arab residents)

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

