



GENCARE
LIFESTYLE™

21 DAY TRY-ATHLON

OCTOBER 5 - 25

What Will You Try?

There are **two ways** to join.
Choose the one that's right for you.



TRY SOMETHING NEW

Never done it before?
Give it a try.

Try yoga. Pick up a paintbrush.
Join something new. Learn something new.
Meet someone new.

OR

BEAT YOUR PR

PR = Personal Record

Choose something you'd like to improve
and challenge your own starting point.

Balance longer. Do more sit-to-stands.
Walk another lap.

YOUR GOAL. YOUR PACE. YOUR PROGRESS.

Once a week? Twice a week? Just once? All 21 days? You decide.

Every TRY counts.

READY TO TRY?

Grab a TRY-Athlon Passport and join us!



Kicking off during ACTIVE AGING WEEK • OCTOBER 5–11
GenCare's 21-Day TRY-Athlon continues through October
gencarelifestyle.com

YOUR GOAL. YOUR PACE. **EVERY TRY COUNTS.**