

**2023 Arizona LeadingAge  
Fitness Challenge for Seniors**

Community:

Wellness Coordinator:

Coordinator Email:

Coordinator Phone Number:

**Obstacle Course - Men's**

1

2

3

*Alternate:*

**Basketball Bounce**

1

2

3

*Alternate:*

**0.5 Mile Walk**

**Men ~ 74 and Under Years Young**

1

2

*Alternate:*

**Men ~ 75 and Over Years Young**

1

2

*Alternate:*

**Women ~ 74 and Under Years Young**

1

2

*Alternate:*

**Women ~ 75 and Over Years Young**

1

2

*Alternate:*

**Obstacle Course - Women's**

1

2

3

*Alternate:*

**Wii Bowling**

1

2

3

*Alternate:*

**Cornhole**

**Team A**

1

2

**Team B**

1

2