



# Route Booklet Tour SilverFit Mile Custom Theme

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With this Tour SilverFit Mile route booklet, you can create your own theme. You can choose your own route each day or create a route via Google Street View, which we will cycle together during these two weeks!





## SilverFit Mile Tour - Own Topic

For some of you, participation is already an annual tradition, while others are joining for the first time.

We are delighted that so many healthcare providers are putting energy into participating in this sporting competition. We hope that this event brings you, your colleagues, and of course the clients much enjoyment and enthusiasm.

In this booklet, you note down a route of choice for each day of the Tour SilverFit Mile, whether it is an existing route or a Google Street View route!

On the last page, you will find a table to record the daily results. You can share the results with the participants weekly. Who is in the lead?

Customers with a service agreement can cycle along on all newest routes of the Tour SilverFit Mile. Are new routes not listed? Connect your system to the internet or contact us at: [info@silverfit.nl](mailto:info@silverfit.nl)

Locations that do not have a service agreement can cycle routes that are present on the system during these two weeks. Or use the Google Street View functionality to cycle routes on the SilverFit Mile as well (internet connection needed).

For further questions, please feel free to contact us at: [evenementen@silverfit.nl](mailto:evenementen@silverfit.nl)

We wish you lots of fun during the Tour SilverFit Mile and we look forward to hearing all your stories!

## We enjoy following your progress!

During the event, you can share photos and short videos of clients and staff on your Facebook, Instagram, and LinkedIn accounts. Tag us by mentioning **@SilverFitInternational** in the text and use the hashtags: **#TourSilverFitMile** **#SilverFit** **#SilverFitMile**

Does your location not have social media? You can also send photos and videos to [evenementen@silverfit.nl](mailto:evenementen@silverfit.nl); we can publish these on SilverFit's social media channels.

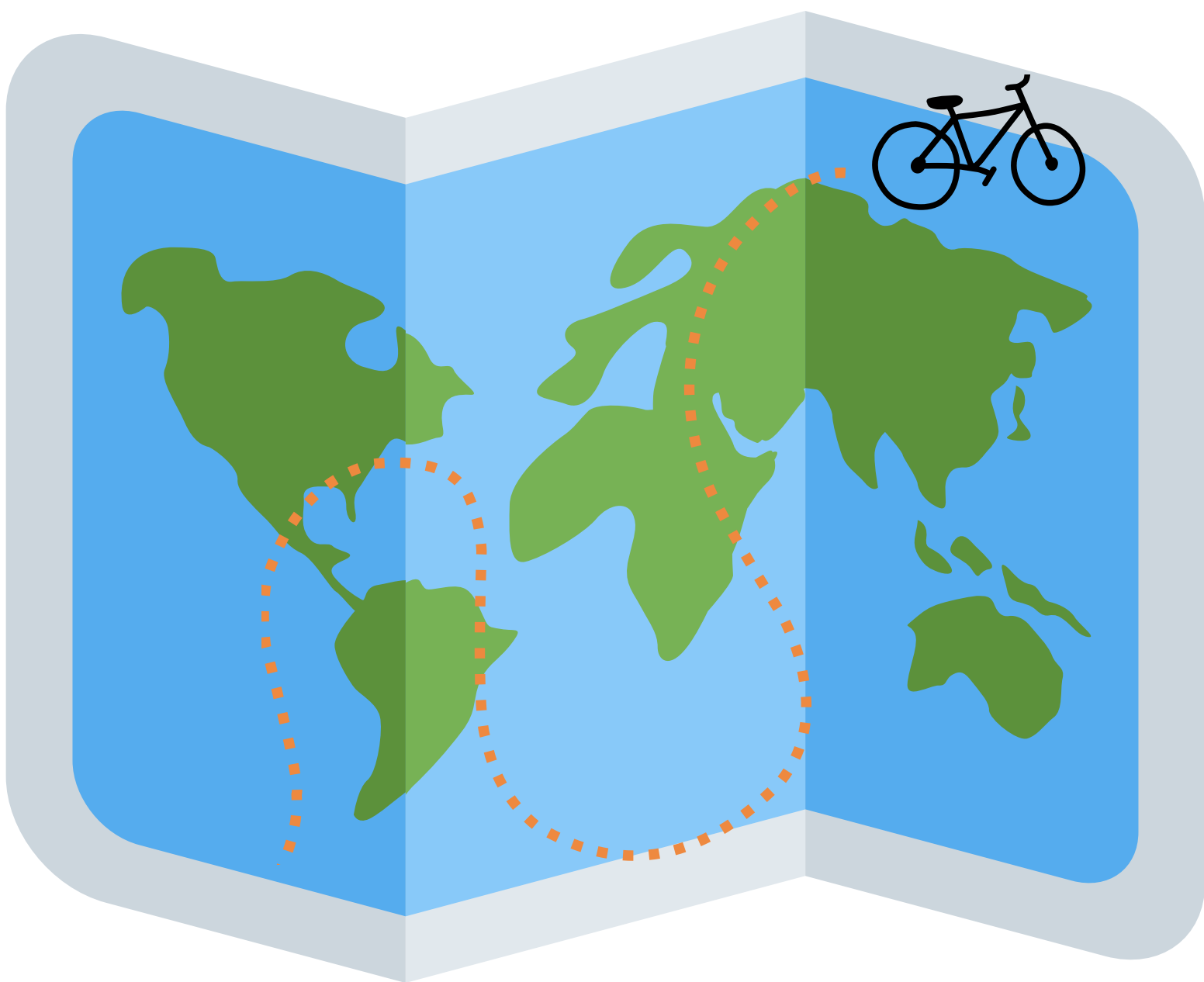
By sharing photos and videos, you show how fun it is to live at your location and how enjoyable it can be to exercise together!

**The SilverFit team wishes you lots of fun. Go for it!**





# Tour SilverFit Mile Route



**#TourSilverFitMile #SilverFit #SilverFitMile**

# Tour SilverFit Mile Route

Below, you can note down the routes you have chosen for each day of the Tour SilverFit Mile. Will you stay close by or head to the other side of the world? You can also create routes using Google Street View. This way, you can cycle to locations that are meaningful to participants.

*Week 1*

Day 1

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Day 2

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Day 3

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Day 4

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**Tip: You can also choose a route from Travel Through Time.  
Discover your favorite city from the time participants lived there or went to school!**





Day 5

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Day 6

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*Week 2*

Day 7

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Day 8

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**Don't forget to add up the results of the first week and share them with the participants! Who is in the lead?  
Who is going to win the Tour SilverFit Mile?**



Day 9

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Day 10

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Day 11

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Day 12

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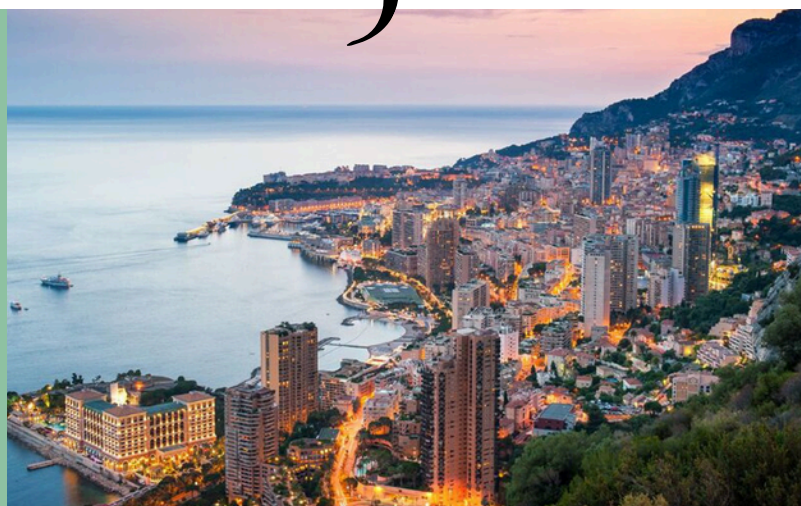
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**Don't forget to add up the results.  
Who cycled the most minutes?  
And which resident was the oldest?  
Get ready for a festive awards  
ceremony!**

**FINISH**



# Participation card Tour SilverFit Mile

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Day	Number of cycled minutes
1	
2	
3	
4	
5	
6	
Total	

Day	Number of cycled minutes
7	
8	
9	
10	
11	
12	
Total	



	Week 1	Week 2	Total
<b>Total cycled minutes</b>			
<b>Total number of participants</b>			

In the form above, you can roughly keep track of the total number of cycled minutes and how many residents participated.

This information might be nice to share not only internally but also, for example, on your social media channels.

Who knows, maybe next year you can turn it into a competition to surpass this year's results!

During the event, you can share photos and short videos of clients and staff on your Facebook, LinkedIn, or Instagram accounts using the hashtags:

**#TourSilverFitMile #SilverFit #SilverFitMile**

We would appreciate it if you mentioned SilverFit with: **@SilverFitInternational**

