

Mini Café Crawl Adventures



Fiona • SassyOver60
Get Up Stronger™

GET UP STRONGER™

MINI CAFÉ CRAWL ADVENTURES

The Adventure Where Your Coffee Habit Becomes Your Cardio
For Women 50+ Who Want to Move, Connect & Feel Capable Again

WHAT IS THIS?



You know what cheeses me off? The way fitness is marketed to women over 50. "Low-impact seniors yoga!" "Gentle water aerobics!" "Silver sneakers!" Like we're fragile. Breakable. One step away from a nursing home.

Screw. That.

This is an adventure that turns your neighborhood into your gym and your coffee obsession into your fitness routine.

Here's the deal:

- ✓ 4 cafés to visit (at your own
- ✓ pace) Walk to each one Enjoy
- ✓ your damn coffee Make
- ✓ friends (or don't) Feel capable
- ✓ again

No gym membership. No judgment. No rigid schedule.
No treating you like you're ancient.

HOW IT WORKS



Choose Your 4 Cafés

Café #1: The Familiar - Somewhere close, maybe you've been before. Easy first win.

Café #2: The Discovery - Somewhere new in your area. Explore your neighborhood.

Café #3: The Stretch - A bit further. Maybe different suburb. Gentle challenge.

Café #4: The Destination - The one you've wanted to try. Make it special.

Important Guidelines

- At least 10-15 minutes walk from starting point
- Has seating (you're staying a bit)
- Open during times you can go
- Safe route (ALWAYS prioritize safety)
- Go at YOUR pace - no timeline pressure

Pro tip: Use Google Maps to check distances. 1km = roughly 10-12 minutes walking at moderate pace.

YOUR 4 SASSY MISSIONS



MISSION 1

"I've Still Got It"

Your Challenge: Prove you still know how to have fun

The Mission:

- Visit Café #1
- Order something you'll actually enjoy (try a matcha latte, chai, or coffee on almond/oat milk)
- Sit for at least 10 minutes
- Take up space unapologetically

Secret Mission: Remember you're ALLOWED to enjoy things. Coffee. Walking. Your own company.

Sassy Truth: Walking to a café = exercise. Enjoying coffee = self-care. Both together = having your life sorted.

Share: Tag @fiona.sassyover60 + #GetUpStrongerCafeCrawl



MISSION 2

"Hot To Trot"

Your Challenge: Add a little spice to your walk

The Mission:

- Walk to Café #2
- Try a different route
- Add ONE Power Move
- Order something new (matcha latte, chai, or swap to almond/oat milk)

Power Moves (pick one): Walk with shoulders back for 2 mins • Speed up for 2 mins • Stop 3 times, do 10 calf raises
• Take the scenic route (+5 mins) • Stop halfway, do 5 stretches

Sassy Truth: Your body has carried you through 50+ years of life. Give it something that actually fuels it, not just tastes good for 5 minutes.

Share: Tag @fiona.sassyover60 + #GetUpStrongerCafeCrawl



MISSION 3

"Confident & Sassy"

Your Challenge: Make it social (or at least try)

The Mission:

- Walk to Café #3
- Bring a friend OR talk to someone OR share online
- Add TWO Power Moves
- Stay as long as you want

Secret Mission: Connection matters. Whether it's with a friend, a stranger, or an online community - we're not meant to do this alone.

Sassy Truth: Women over 50 make the BEST walking buddies. We've got stories, we don't care what people think, and we know all the good cafés.

Share: Tag @fiona.sassyover60 + #GetUpStrongerCafeCrawl



MISSION 4

"Still Here, Still Fierce"

Your Challenge: Finish like the champion you are

The Mission:

- Walk to Café #4
- Reflect on your journey
- Add THREE Power Moves
- Order something different and protein-packed (poached eggs, Greek yogurt bowl, or protein smoothie)
- Celebrate yourself

Victory Lap: This is about PROVING to yourself that you still show up. You still follow through. You're still capable.

Sassy Truth: You just completed something. Not perfectly. But you DID IT. And that matters more than you know.

Share: Tag @fiona.sassyover60 + #GetUpStrongerCafeCrawl

YOUR MISSION TRACKING CARDS

Cut these out and fill in as you complete each mission



MISSION 1: "I've Still Got It"

Date: _____

Café: _____

Distance: _____ km

Check-In:

- Found my 4 cafés
- Walked to Café #1
- Sat for 10+ minutes

How I felt:

- Energized Good Tired but proud

One thing I noticed:

Win I'm celebrating:

- Shared on Instagram (@fiona.sassyover60 #GetUpStrongerCafeCrawl)



MISSION 2: "Hot To Trot"

Date: _____

Café: _____

Distance: _____ km

Check-In:

- Different route
- 1 Power Move
- Ordered something new

MyPower Move:

Energy:

Before: Low Med High

After: Low Med High Energized

Win:

- Shared on Instagram



MISSION 3: "Confident & Sassy"

Date: _____

Café: _____

Distance: _____ km

Check-In:

- Social connection
- 2 Power Moves
- Enjoyed my time

Mysocial connection:

My 2 Power Moves:

1. _____
2. _____

Biggest win:

- Shared on Instagram



MISSION 4: "Still Here, Still Fierce"

Date: _____

Café: _____

Distance: _____ km

Check-In:

- 3 Power Moves
- Reflected
- Celebrated

My3 Power Moves:

1. _____
2. _____
3. _____

What I'm most proud of:

Am I continuing?

- Hell yes Maybe My own way

- Shared on Instagram

COMMUNITY POLL - WIN A FREE UPGRADE

Want a chance to win a FREE upgrade to Premium Café Crawl Adventures™?

Here's how it works:

1. Screenshot your completed mission card
2. Share to Instagram Stories
3. Tag @fiona.sassyover60
4. Use #GetUpStrongerCafeCrawl
5. Add the word "CAFE"

From time to time throughout the year there will be a poll on Instagram, where you may be featured! The community VOTES for their favorite.

Most votes wins!

The Prize: FREE Premium Café Crawl Adventures™ Upgrade



- AI prompts to plan custom routes in ANY city Pro health tips from 90+ days of personal testing
- Product recommendations with dosage guidance
- Enhanced mission cards with deeper reflection
- Smart café menu choices for different health goals
- Supplement timing guide
- Advanced walking challenges for fitter women Integration with wellness journal and tracking system
- Entry into quarterly draw for FREE 12-month Skool membership (\$108 value) - Access to a community of badass women 50+ who refuse to fade away

Psst — did you know the full Café Crawl Adventures system has a gamified points system where every step earns you a level? From Hot Flash Hero all the way to Unstoppable Inferno. Every km walked earns points. Every foundational movement earns bonus points. Collect coffee stamps from your favourite cafés. Challenge a friend and let the competition get deliciously petty. That's what's waiting for you in the upgrade. ☕🔥



THE COMPLETE WALKING POWER MOVES MENU

Pick from these anytime to level up your walk:

- **POSTURE & PRESENCE:** Walk 2 mins with shoulders back, head high
• Make eye contact with people • Smile at 3 people (optional)
 - **PACE & INTENSITY:** Alternate 1 min faster, 1 min normal (repeat 3x) •
Speed up for 2 minutes • Add a scenic detour (+5 minutes)
 - **STRENGTH BOOSTERS:** Stop and do 10 calf raises (builds bone
density!) • 5 wall push-ups (find any wall or tree) • 10 standing leg lifts
(each leg) • 30-second wall sit (find any wall or tree)
 - **MOBILITY & FLEXIBILITY:** 5 standing stretches at halfway point • 10
shoulder rolls (forward and back) • Ankle circles (10 each direction) •
Hip circles (10 each direction)
 - **BALANCE & COORDINATION:** Walk heel-to-toe for 30 seconds • Walk
backwards 15 steps (safely!) • Side-step 20 steps each direction • Stand
on one leg 30 seconds (each)
 - **MINDFUL MOMENTS:** Spot 5 things you've never noticed • Walk in
silence for 5 minutes • Practice breathing: 4 counts in, 4 out • Notice
all sounds around you These are OPTIONS, not requirements. Pick
what feels good. Skip what doesn't.
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FREQUENTLY ASKED QUESTIONS

Q: Do I have to do them in order or in a timeframe?

A: Nope! Go at YOUR pace. Do all 4 in one month, or spread them out over 6 months. Take breaks. Start over. Your adventure, your timeline

Q: Will walking really help my bone density/osteoporosis?

A: Yes! Studies show women who walk regularly (even 1.5km/day) maintain higher bone density and slower bone loss, especially in hips and legs.

Q: I have knee/hip pain. Won't walking make it worse?

A: For most people with mild-moderate arthritis, regular walking actually REDUCES pain over time. Start slow (5-10 mins), listen to your body, gradually increase. If you have severe pain or recent injury, check with your doctor first.

Q: What if I can't walk 10-15 minutes yet?

A: Start with 5 minutes. Or walk to a closer café. This is YOUR challenge at YOUR pace. Build up gradually. Progress, not perfection.

Q: Do I need special shoes?

A: Comfortable, supportive walking shoes are ideal. If you have joint pain or walk regularly, invest in properly fitted shoes from a specialty store.

Q: What if I miss a day/week/month?

A: Life happens. Pick up where you left off. Or start over. Or skip ahead. There's no "failing" this challenge. The goal is consistent movement and connection.

Q: Can I do this with a friend?

A: ABSOLUTELY! Walking with a friend is one of the best parts. You get accountability, conversation, and shared memories.

Q: I don't drink coffee. Can I still do this?

A: YES! Tea, matcha, chai, smoothies, juice, sparkling water - whatever you enjoy. The point is the walking. The treating yourself is the bonus.

Q: What if I don't want to buy anything at each café?

A: Bring your own water bottle or thermos. Or do a "walk and admire" - walk there, check it out, head home. The walking is what matters.

Q: Do I have to share on Instagram?

A: Absolutely not! This is completely optional. Some women love sharing. Others prefer privacy. Both are perfectly fine.

WHAT'S NEXT?

OPTION 1: Do It Again

Choose 4 new cafés • Try different routes • Bring different friends •
Do it in a new city when traveling • Make it a tradition

OPTION 2: Upgrade to Premium Café Crawl Adventures™

The Premium version includes AI prompts to plan routes in ANY city worldwide, pro health tips from 90+ days of personal testing, enhanced mission cards with deeper reflection, product recommendations with dosage guidance, supplement timing guide, advanced challenges for fitter women, wellness journal integration, and prize draws throughout the year.

OPTION 3: Get the Complete Get Up Stronger™ System

Get Up Stronger™: Adventure Ready Body Plan - The complete system with 12-session progressive program, 70 AI prompts to customize to YOUR body, tracking system, personalized workouts, nutrition strategies, energy management, and menopause-friendly guidance.

OPTION 4: Add the Tracking & Mission Tools

GET UP STRONGER™: Her Next Chapter - A Walking Adventure Journal

- Track your adventures, reflect on your progress, celebrate your wins

GET UP STRONGER™: Cafe Crawl Tracker

- Track movement, energy, sleep, and patterns without guilt
- Amazing Race-style challenges for women 50+ (printable)

FINAL THOUGHTS

Listen.

You're 50+. You've survived things that would break most people. Decades of holding everyone else together. Putting yourself last. Showing up for everyone but you.

That's done now.

Because here you are. Still standing. Still curious. Still willing to lace up your shoes and see what's around the next corner. This café crawl isn't just about walking. It's not just about the coffee. It's about you finally choosing yourself. One step. One café. One quiet act of rebellion at a time.

Still here. Still fierce.

Your body might have opinions now. Your knees might creak. Your energy might be unpredictable. But you're NOT done. Not even close.

So walk to those cafés. Order that fancy coffee. Sit there as long as you want. Move your body because you CAN, not because you "should."

P.S. Share your café crawl on Instagram with **#GetUpStronger** and tag **@fiona.sassyover60** - I want to celebrate you.

P.P.S. Each mission you share = you get a chance to be featured from time to time in community polls. Most votes wins a FREE upgrade to Premium Café Crawl Adventures™

P.P.P.S. Tea counts. Matcha counts. Water counts. Chai counts. Decaf counts. Bringing your own thermos counts. This is a judgment-free zone.

P.P.P.P.S. You're not too old. You're not too out of shape. You're not too anything. You're exactly right, right now, just as you are.

P.P.P.P.P.S. Start Mission 1 whenever you're ready. There's no perfect time. Today works. Monday works. Next month works. But here's the thing - why put off tomorrow what you can do today? Your café is waiting. Your coffee is getting cold. And frankly, you've waited long enough. Just start.

P.P.P.P.P.P.S. *Did you know the full Café Crawl Adventures system has a gamified points system where every step earns you a level? From Hot Flash Hero all the way to Unstoppable Inferno. Every km walked earns points. Every foundational movement earns bonus points. Collect coffee stamps from your favourite cafés. Challenge a friend and let the competition get deliciously petty. That's what's waiting for you in the upgrade.* 🍷🔥

WHY THIS ACTUALLY WORKS

The Science Behind Your Coffee-Fueled Adventure

Builds Stronger Bones

- Women who walk about 1.5km daily have higher bone density and slower bone loss
- Helps prevent osteoporosis
- Protects against fractures, especially hips
- Weight-bearing exercise strengthens your skeleton

Real talk: Your chiropractor isn't wrong about bone density. Walking matters.

Reduces Joint Pain

- Walking reduces pain in knees, hips, and lower back
- Keeps joints lubricated and flexible
- Regular walkers less likely to develop frequent knee pain
- Movement = less stiffness

Real talk: Even if your knees hurt NOW, gentle walking can REDUCE pain over time. Start slow.

Supports You Through Menopause

- Helps manage hot flashes
- Improves mood and sleep quality
- Reduces anxiety and stress
- Supports hormone balance naturally

Real talk: Walking won't cure menopause. But it'll make it suck less.

Keeps Your Brain Sharp

- Improves memory and cognitive function
- Reduces brain fog
- Boosts creativity and problem-solving
- Literally grows new brain cells

Protects Your Heart

- Lowers blood pressure
- Reduces risk of heart disease and stroke
- Improves circulation
- Manages blood sugar levels

The magic number? About 10-15 minutes of brisk walking, most days. Which is EXACTLY what you're doing when you walk to a café. So yes, this is "just" a coffee date. But it's also bone-building, joint-protecting, menopause-managing, brain-boosting medicine.

WHY YOU'LL ACTUALLY DO THIS ONE

Most fitness challenges are designed by 25-year-old influencers who think "rest day" means doing yoga instead of HIIT.

They don't get it.

Your knees remember that aerobics class in 1987. Your energy levels are unpredictable. Your body has OPINIONS now.

This challenge gets it:

- Built-in reward (hello, flat white)
- Your pace, your schedule, your rules
- Zero equipment needed
- Works anywhere in the world
- Designed for bodies that have LIVED
- Social connection built in
- No rigid timeline or pressure
- Actually fun (shocking, I know)

Disclaimer: This content is for inspiration only and isn't medical or fitness advice. Your body is unique— please check with a healthcare professional before making changes to your diet, movement, or starting anything new.