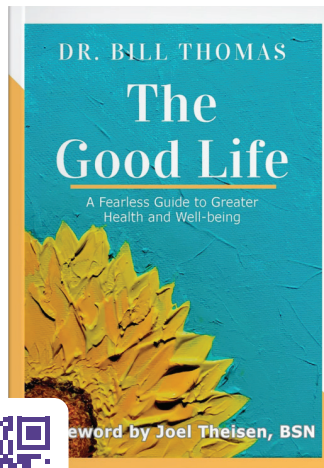
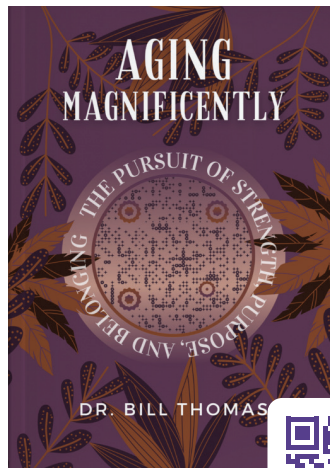




Changing the age-old story —  
one wonderful book at a time.

Dr. Bill Thomas, Lifespark Chief Experience Officer, is a world-renowned geriatrician and a pioneer in the field of healthy aging — he's spent decades working with seniors and their families to perfect the process for Aging Magnificently. His Spark Pillar series of books is the basis for the Spark Performance League.

### The SPARK PILLARS series:



Scan the code above to download

# Welcome to the

# SPARK

## PERFORMANCE

# LEAGUE

# Welcome to our TEAM!



STRENGTH | PURPOSE | BELONGING

# The SPARK PERFORMANCE LEAGUE

WE ARE STRONGER TOGETHER!

**Aging Magnificently is a team sport.** We become stronger, healthier, and happier individuals when we come together as a community. Through our Spark Performance League, we build relationships and challenge one another as we break from the myth that aging is an inevitable decline. Our athletes believe these performances are more than competition, they're about connecting to greater strength,

purpose, and belonging (and a whole lot of fun!). Designed by Dr. Bill Thomas, these performances promote healthy aging by purposefully engaging the mind, body, and spirit. With roles for athletes, cheerleaders, analysts, scouts, practice coordinators, rhythm sections and so much more, we promise you, there's a place for you and your skills in our Spark Performance League. **Welcome to our team!**

GAME  
— 1 —

## TRYathlon™ — TOURNAMENT —



Tryathlon events are designed so people with a wide range of physical and cognitive abilities can participate. Teams compete head-to-head in three events weekly and compile their scores to accumulate miles reached over the competition period!

GAME  
— 3 —

## GRIP GAMES

Teams of four work together using a Power House to pump water while competing against another Senior Living community. Teams compete for the highest number of gallons of water they pump each season. The Grip Games brings gamification to combined grip strength!

GAME  
— 2 —



1:10 Scale, High-Powered,  
Full Function, RC Forklifts

The National Forklift Racing League is dedicated to promoting healthy team-based competition centered on the skillful use of Radio Controlled 1:10 scale Forklifts! Success in this competition showcases teamwork, strategy, and discipline to practice! The NFRL improves hand-eye coordination, mental acuity and mood while reducing social isolation.



GAME  
— 4 —



The SPARK Challenge is a team-based approach to learning and expanding our knowledge of Lifespark's Pillar Books. Each community will create a team comprising both of seniors and staff. Teams will face off each week where they will be asked 10 questions and will enter their answers into an online platform.