

Freelancers



WISDOM WARRIOR CHALLENGE NEWSLETTER

May 2025 | Vol 2, Issue 5

INSIDE
THIS
WEEK'S
ISSUE:

- **Letter to Our Readers:**
Linda Borgmeyer reflects on this year's powerful season, announces the Wisdom Cup winners, and shares her gratitude for all who made it unforgettable.
- **Sponsor Highlights:**
Meet two incredible sponsors making a difference in senior wellness and mobility.
- **Wisdom Warrior Cup Ceremony:**
Watch the LIVE video
- **Race Results & Event Photos:**
See how your team did!



Dear *{{First Name}}* ,

What an unforgettable season!

We are thrilled to announce the **2025 Wisdom Warrior Cup Winners** and what an incredible journey it has been.

If you missed our **Virtual Awards Ceremony**, don't worry you can still watch the full video below and see if your team took home the trophy!

We are so grateful for every one of you, **20 amazing teams** joined us this year! Your dedication, strength, and spirit lifted each other and inspired communities across the country.

This year, we were featured on the news, had reporters capturing your stories, and celebrated Warriors who pushed past limits and embraced movement, connection, and purpose.

From the bottom of my heart. **Thank you** for making the Wisdom Warrior Challenge such a powerful and unforgettable experience.

We're already looking forward to next year... the only question is—**how can we possibly top this?**

With deep gratitude,

Linda Borgmeyer OTR/L, MSK

Founder, Wisdom Warrior Challenge

SPONSOR HIGHLIGHT



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- ✓ "VACATION-READY" WELLNESS PROGRAMS



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Wisdom Warrior Cup Ceremony!



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HOT OFF THE PRESS



I'm 78 and in the Best Shape of My Life—This Is the Exact Workout Routine I Swear By'

This tai chi instructor and gold medalist never slows down.

Posted May 25, 2025 by **Parade**

[Check Out the Full Story!](#)



Aging Athletes Gather For Wisdom Warrior Challenge At Wellington Bay

Posted on April 17, 2025 by **Town-Crier Editor**

[Check Out the Full Story!](#)

2025 Wisdom Warrior Challenge Event Series Returns Starting In March

The Wisdom Warrior Challenge, a Florida-based nonprofit focused on age-inclusive track races, is making a strong comeback this year by offering 21 events for adults aged 50 and over starting in March.

With races ranging from 50 to 1,600 meters, the challenge encourages seniors to stay active, socialize, celebrate their vitality and challenge the common myth that aging means slowing into a sedentary lifestyle. These events are taking place across Florida, with two additional races in North Carolina, expanding the reach and impact of this inspiring initiative.

To ensure that everyone can join, the challenge is designed with inclusivity in mind, welcoming seniors of all capabilities to take part. Each race features teams organized into categories: Independent Living Communities, 55+ Communities, Assisted Living Communities and the Freelance Race division, which is open to the general public. There are specific divisions for participants using assistive equipment such as canes, walkers or wheelchairs, and the only qualification is being age 50 or older.

The founder of the nonprofit, Linda Borgmeyer, is an occupational therapist with a master's degree in kinesiology, specializing in geriatric exercise science. She is also the owner of Novoleo



The Wisdom Warrior Challenge is challenging the common myth that aging means slowing down.

Therapy and Fitness in North Palm Beach and is dedicated to supporting seniors in Florida communities and helping them feel empowered. This passion motivated her to create the Wisdom Warrior Challenge.

"I founded the Wisdom Warrior Challenge in 2019 to challenge the misconceptions surrounding aging and break free from the limitations often tied to that narrative," Borgmeyer said. "We have much more control over how we age, and making better choices for our physical and emotional health enhances the golden years. If you are over the age of 50 and are interested in participating, I encourage you to do so."

The Wisdom Warrior Challenge

is free for all participants thanks to support from sponsors such as Healthcare Solutions, Fox Rehab, AARP Florida, Dignity Memorial, Always Best Insurance, Visiting Angels, Trustbridge, Novoleo Therapy and Fitness, Home Suite Home, Social Savvy Seniors, Partnership for Aging, Roaming Medical and Shoreline Insurance.

There is an upcoming race on Saturday, March 8, from 9 a.m. to 2 p.m. at Duncan Middle School in Palm Beach Gardens.

For more information, visit www.wisdomwarriorchallenge.org. To sign up for an upcoming race, contact the Wisdom Warrior Challenge by e-mail at wisdom-warriorchallenge@gmail.com or call (561) 202-7650.

Wisdom Warrior Challenge Community Team Race Set for March 8, 2025

Newspaper The Town-Crier

Volume 46, Number 4 February 21-March 6, 2025

[See What's Making Headlines!](#)

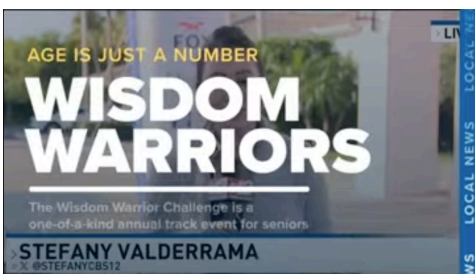


The Wisdom Warrior Challenge is a one-of-a-kind annual track event for seniors.

Kitty Lundan's Podcast

Posted February 24, 2025

[Check out the Podcast!](#)



Wisdom Warrior Challenge

CBS 12 News - Stefany Valderrama

Posted March 11, 2025

[See the Broadcast!](#)



Wisdom Warrior Challenge

WPTV News

Posted March 8, 2025

[See the Broadcast!](#)



FEEL BETTER WITH COACH MELISSA!

We're excited to share workout videos from Coach Melissa at Feel Better Fitness! She's a Certified Personal Trainer and Senior Fitness Specialist who has helped people move better and feel better for over 19 years.

Check out her *Core No-floor* workout method—no getting on the ground required!



SPONSOR HIGHLIGHT



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THANK YOU!

to our SPONSORS

We extend our deepest gratitude to our incredible sponsors, whose unwavering support makes the Wisdom Warrior Challenge possible. Your generosity fuels our mission, inspires others, and creates a lasting impact in our community. Thank you for believing in our vision and helping us empower active aging! We couldn't do this without you!

#WisdomWarriorChallenge #ThankYouSponsors #MakingADifference



Want to be a sponsor or learn more?

Scan the QR code on the left for additional resources on how you can be a sponsor or email us directly at:

Linda@WisdomWarriorChallenge.org or
call us at 561- 202-7650

• <u>VOLANTE SENIOR LIVING</u>	PHOTOS & RESULTS	<u>CLICK HERE</u>
• FREELANCERS	PHOTOS & RESULTS	<u>CLICK HERE</u>
• <u>HARBORCHASE PBG</u>	PHOTOS & RESULTS	<u>CLICK HERE</u>
• <u>TEQUESTA TERRACE</u>	PHOTOS & RESULTS	<u>CLICK HERE</u>
• <u>SANDHILL COVE</u>	PHOTOS & RESULTS	<u>CLICK HERE</u>
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• <u>WATERSIDE LANDING</u>	PHOTOS & RESULTS	<u>CLICK HERE</u>
• <u>ATRIUM BOCA RATON</u>	PHOTOS & RESULTS	<u>CLICK HERE</u>
• <u>ABBOTSWOOD (N.C.)</u>	PHOTOS & RESULTS	<u>CLICK HERE</u>
• <u>HERITAGE GREENS (N.C.)</u>	PHOTOS & RESULTS	<u>CLICK HERE</u>
• <u>LA POSADA</u>	PHOTOS & RESULTS	<u>CLICK HERE</u>
• <u>VI AT LAKESIDE VILLAGE</u>	PHOTOS & RESULTS	<u>CLICK HERE</u>



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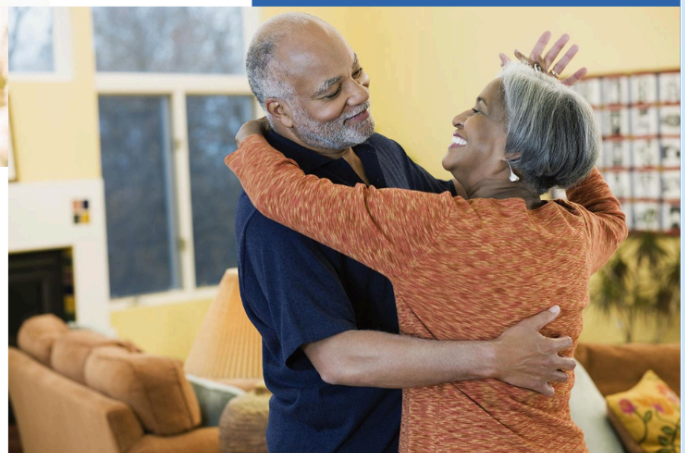
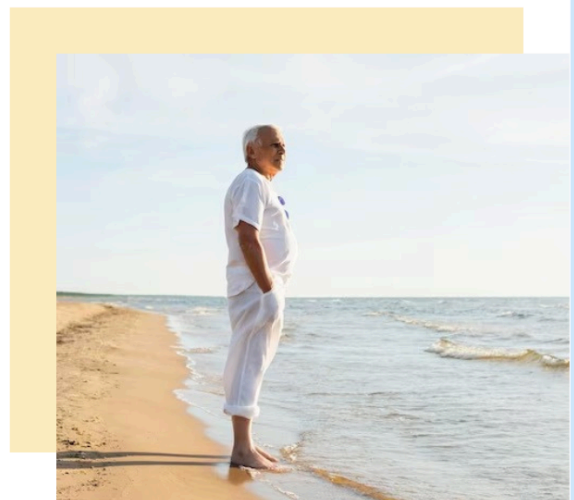
SCAN HERE!

WARRIOR CHALLENGE

Benefits of Physical Activity for Seniors

Regular physical activity offers numerous benefits, including: »
Increased strength and muscle tone

- » Improved balance and coordination
- » Enhanced flexibility and range of motion
- » Better cardiovascular health
- » Reduced risk of chronic diseases
- » Boosted mood and mental well-being





Warm regards,
Linda Borgmeyer

CEO/Founder

Direct line: (561) 202-7650

Linda@WisdomWarriorChallenge.org



Donate Today!

P.S. We'd love for you to share our **Wisdom Warrior Challenge newsletter** with your friends and family members.

Our Contact Information

{{Organization Name}}

{{Organization Address}}

{{Organization Phone}}

{{Organization Website}}



Thank you to all the sponsors that make this event possible!



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