

Woodloch Springs Sports Complex

Face Your Life 2011 Program

January 10 – March 13

9-week Program to help you get into the best shape of your life –
Both Physically and Mentally!

Yes, we changed the name of the program this year. It's not the Face Off 2011.

Why? Well, the program is little different...

Forget about total team points! And let's focus on your individual GOAL!

So here we go...

How many people on a team?

We will be competing in teams of 4 people. Yes, you can pick your own team of 4, however, we encourage you to be paired up with new friends at the SC.

What if I don't only have enough team members or this is my first year competing in the program?

No worries, we will be placing people on teams.

How does my team win The Face Your Life Program?

40% of the Face Your Life Competition will be based on points earned. Earn points by working out and by accomplishing the weekly assignments.

30% will be based on 3 measurements: Scale weight, waist measurement, and BMI measurement (obviously we want all these numbers to decrease)

30% will be based on reaching your individual goal.

So, 30% of the competition is based on meeting my individual goal. How are you going to monitor this?

Good Question. Well, we understand we have all levels of fitness participating in this program AND everyone has different goals. We feel it is important to focus on these individual goals rather than the number on the scale. This will be pretty black and white. You set an attainable, but challenging goal. You must post your goal. If you reach your goal your team will get the allocated points, if you do not reach your goal, then your team does not get the points. Black and white; reach your goal and the team gains.

So what are my goal options? Here are some good ones...

Make it the sc 3 times a week, Eliminate the processed foods from my diet/ Replace with whole foods, Lose 9 pounds, Lower my cholesterol by 20 points, Practice stress management techniques at least 3 times a week, Lose 2 inches off my waist, Start exercising ~ 3 times a week, Cross-train; try different workouts for 9-weeks including classes, etc. Your goal is up to you...What do YOU want to accomplish? Your goal must be challenging enough, but attainable.

Is there a max amount of workout points I can gain from week to week?

Yes. This is what is different than previous years. In past years, we encouraged you to attain as many workout points as you could. This year we are putting a "max" on the number of hours/workout points you can gain from week to week. You will be able to accumulate 1,400 points for working out per week. For every 15 minutes of exercise you accomplish you will earn 25 points, however, you can not exceed 1,400 workout points in 1 week. We are hoping that you average 2 hours of workout points per day. But, this new point system allows you the flexibility to earn the max amount of points. For example, if you fell short of workout points on a Monday, you can make them up on a Saturday or Sunday.

1,400 points (2 hours a day = 200 points x 7 days = 1,400 points)

Is the point system based on the honor system?

Yes. Yes. And Yes. Remember, this is a friendly, fun, competition. The only person you are really competing with is yourself. So please be honest.

Do home workouts count?

Yes. A maximum of 4 – 1 hour workouts per week (400 points). Like always we are encouraging you to use the Sports Complex facility. But we understand weather, work, kids, etc. might limit your time at the sc.

Can I compete in the Face Your Life Program even if I will not be here for 5 out of the 9 week competition?

If you are committed to reaching your goal, then YES, you can be on my team. And when you are out of town all your workout points can be counted.

What kind of health topics will you be educating on this year?

This is the 6th annual year for the program. It is challenging to come up with ‘new stuff’....But our focus will be on lifestyle changes. 9-weeks is short. Our goal is to teach you something that you will incorporate long-term, not just for 9-weeks. We want you to feel your best ...not just after the 9-weeks, but for years to come. We hope to educate you on new topics; acid reflux, healthy knees and back, sleep, stress, osteoporosis, etc.

Is there a kick-off party?

We will not be having a kick-off party this year, HOWEVER, to kick-off the event, we are asking all the participating teams to introduce themselves to someone NEW at the facility and to invite them to play. We will kick-off the event the week of January 10. (During the second week of the swim-a-thon). Of course there will be celebration party, which is tentatively set for Thursday, March 24

Is there a fee to participate in the Face Your Life Program 2011?

Yes. \$20 per person. The program will include t-shirt and prizes. \$5 from the \$20 registration fee will be put into the money pot. The money pot will be distributed to Mr. and Mrs. Face Your Life 2011.

What kind of prizes can I win?

There will be lots to choose from – But we want to surprise you. We will keep you motivated by throwing out incentives from week to week. Each person on the winning team will receive a 1-month free membership to the SC and bragging rights.

Will there be a Mr. and Mrs. Face Off? Yes. (or Mr. and Mrs. Face Your Life).

Reach your goal, decrease your waist size, BMI and scale weight and earn points, and you might be the next Mr. or Mrs. Face Off. Mr. and Mrs. Face Off will receive 1-month free membership to the Sports Complex and the dividends of the money pot.

Can I buy a mulligan?

Yes. You can buy one mulligan, 500 points, for \$5. The money goes into a money pot.

Important Dates:

You must submit your team by **Friday, January 7. Please submit your team as soon as possible.**

The competition will begin on Monday, January 10.

The celebration party will be on Thursday, March 24.