

Face Your Life 2011
Week: 2 January 17 – January 23
Body Alignment/ Knee and Back Injury Prevention/ Health

Name: _____

Team #: _____ **Team Name:** _____

This week is all about posture, core strength, and maintaining healthy back and knees
A lot to cover in one week! Our goal is to teach you ways to prevent back and knee injuries, introduce exercises that will help increase your core strength and eliminate back pain, tips on how to improve your posture, and how to sit properly.

We have 2 really great seminars planned for the week. These are not for points, but we are hoping that you take advantage of this opportunity to learn something new.

I. Seminars **Healthy Back Seminar** w/ ALL One Health (Health Advocate)

Monday, January 17:

11am – 12pm **Woodloch Springs, Multi Purpose Room**
12:30pm – 1:30pm **Woodloch Pines, Keystone Room**

Healthy Knee Seminar w/ Christie Augustine, Physical Therapist

Wednesday, January 19:

11am -11:45am **Woodloch Springs, Multi Purpose Room**

II. Read these simple articles:

1. Ten Tips for Improving Posture and Ergonomics
2. Keep the Back Pain Away
3. How to Sit Properly

III. Team Exercise Challenge:

Test your core strength: How long can you hold a plank (on your elbows)? Modify this move by putting your knees down. How did you perform your plank? On your elbows and toes OR on your elbows and knees? (Please circle one). How long did you hold your plank? _____ **(200 points)**

IV. For Points:

- _____ 200 points Post a Picture of yourself on your board space
- _____ 100 points try JUST ONE of the following classes: yoga, mind & body strength, Wed 9am: Core Work on the Ball & flexibility, or a pilates class to help improve your posture/ core strength
- _____ 200 points check out the core exercises posted on the board in the lobby. Try a new move!

IV. Exercise Points: 15 minutes = 25 points/ Limit 2-hours a day = 200 points

Please list your activity followed by the amount of time for each activity, see example below:

Monday, Jan. 17: 30 minutes of walking/ 15 minutes of strength training/ 1 – 45 minute class = 150 points

Monday, January 17: _____	total _____
Tuesday, January 18: _____	total _____
Wednesday, January 19: _____	total _____
Thursday, January 20: _____	total _____
Friday, January 21: _____	total _____
Saturday, January 22: _____	total _____
Sunday, January 23: _____	total _____

Reminder: A maximum of 4 hours of home workouts can be accounted for.

Total Workout Points: _____ **(should not exceed 1,400 points)**

