

Face Your Life 2011

Week: 3 January 24 – January 30

1. Swim for Fitness/ 2. Wellness and The Power of Giving / 3. Competition Week!

Name: _____

Team #: _____ Team Name: _____

I. This week is all about Swimming/Water Workouts! Why should you swim for fitness? Swimming is a wonderful exercise that works almost every muscle in your body, without adding stress to your joints. To educate you on the benefits of swimming, please read the handouts provided.

For an additional 1,000 points, SWIM for one of your workouts, **or participate in one of the following water aerobic classes or swim fitness classes:**

Monday, 24th: 9am Water Boot Camp, 10am Aquasize, 4pm Water Walking

Tuesday, 25th: 10am Water Walking, 6:30pm Water Aerobics

Wednesday, 26th: 10am Water Walking

Thursday, 27th: Learn How to Swim and/or Swim Better at Fitness Swim: 10am and 6:30pm

Friday, 28th: 10am Aquasize

Saturday, 29th: 9:30am Water Express

II. The term “Wellness” is generally defined as **a healthy balance of the mind, body and spirit** that results in an overall feeling of well-being. Wellness can also be described as “the constant, conscious pursuit of living life to its fullest potential.” The determinants of wellness are: better understanding of concepts like destiny, health practices, *spirituality*, family, environment, work, money and security, health services, social support and leisure. Please read the 2 articles titled 1. **In the Spirit of Giving/** and 2. **7 Spiritual Laws of Success; *Giving and Receiving, Deepak Chopra***

This is the last week of the Swim-a-thon. The participants have been working hard to raise money for this great cause – Cancer Awareness. Jump on board with us! If all 80 + Face Your Life Participants jump on board just imagine what we can do as a team! How can you GIVE? Even if you’re not a swimmer – GIVE the participants words of encouragement!

III. **It’s A TEAM COMPETITION!** “Show us what you got!” The Team Captain must submit their totals. Please tally your time on the back of the sheet. To help your team captain, post your times on your board so he/she can submit your totals. This is for some serious points! Each competition is worth **1,000 points**. Team Captains must submit their totals before Tuesday 9am.

A. Each team participant must walk or run ½ mile on the treadmill. How long did it take you?

B. How fast can you swim a lap (down and back)? I only need the top 3 scores on this! What was your score? _____

C. Jump Rope! We only need the top 2 highest scores on this competition. So if you don’t jump rope – tell your other teammates to *get jumping*. How long can you jump rope without tripping over the rope? _____

D. Hula Hoop! Pick one person on your team to represent the Hula Hoop contest. Who on your team can Hula Hoop the longest? _____ And How long?

The front desk attendants can time you on these events.

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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. 24: 30 minutes of swimming/ 15 minutes of strength training/ 1 – 45 minute swim class = 150 points

Monday, January 24:	_____	total _____
Tuesday, January 25:	_____	total _____
Wednesday, January 26:	_____	total _____
Thursday, January 27:	_____	total _____
Friday, January 28:	_____	total _____
Saturday, January 29:	_____	total _____
Sunday, January 30:	_____	total _____

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

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

Did you swim or take a water aerobics class? _____ **1,000 points?**

If you swam or took a water class, please count these points as a "workout" (above) and then give yourself an additional 1,000 points.

What did you think of the Workout? _____

Would you do it again? _____

Would you participate in a Water Volleyball Tournament? _____

Do something this week that involves "giving of yourself". For example, give someone words of encouragement, give someone your attention, Give "something" to someone... Something does not need to be money! If you would like, post it on your board, this is not a requirement. _____

400 points?

What else contributes to your Well-being? Is there something else the Sports Complex could be doing or offering to help increase your well-being?

If you are the Team Captain Please Complete the Following information:

½ mile Walk/Run Times:

Team Member #1 Time _____ #2 _____ #3 _____ #4 _____

Total Combined Time : _____

1 lap in the Pool

Team Member #1 Time _____ #2 _____ #3 _____ Total Combined Time: _____

Jump Rope

The top 2 consecutive Times #1 _____ #2 _____ Total Combined Time: _____

Hula Hooping

The top time for Hula Hooping: _____ Name: _____