

Face Off 2010
Week #4
February 1 – February 7

Name: _____ Team #: _____

Something “New” Week and all about Vitamin D
Triple Points this Week

15 minutes = 75 points 45 minutes = 225 points
30 minutes = 150 points 60 minutes = 300 points

Challenge

We want you to try something new! Try a workout that you have never tried before or do a workout that you don't do very often. For example, if you typically take classes every day, try using all the paramount strength training equipment for a workout. Or if you haven't taken a class in a very long time, try one! We want you to really challenge yourself here – It's up to you. Please be honest. Other ideas: Swim, tread water, or try the water workout provided instead of using the treadmill or elliptical. This has to be self motivating! The “different” workout has to be 30 minutes long.

_____ **500 points.** What 30 minute workout did you do that was different? _____

If you do it “all”, try the water workout provided at the Front Desk or log on to www.fitnessmagazine.com/pool. We have one of the most beautiful pools in the area! Why not enjoy it! *If you did something different, put a check next to the 500 points and list what you did below. Also, give yourself the correct triple points for the workout on the back. (Ex. 30 minute workout = 150 points)*

Education

_____ **300 points.** Wendy Olving, publisher of “*Good Things Come To Those Who Weight*,” will continue to review important, helpful tips for eating healthy. **Please pre-register at the Front Desk.**

Tuesday, February 2, 10am – 11am

Thursday, February 4, 5:30pm – 6:30pm

_____ **200 points.** Read the Article: “**Vitamin D**”

Take the Quiz on the back regarding the article. (Yes, I am giving you a reference guide!)

Fun

_____ **200 points.** Support your favorite team by wearing your favorite sports team paraphernalia (T-shirt, hat, jersey, etc).

_____ **200 points.** Post your predication of the final score for the super bowl with your name on it. Example: 21 Saints, 35 Colts. Must post before 6pm on Sunday or you will not receive the points.

_____ **300 points.** “Team Spirit HERE!” As a team, create a **team cheer**. Perform the cheer in front of the staff for 300 points. If 5 out of the 11 team mates perform the cheer for the staff, each participate on your team will receive the ‘300’ points. The cheer must be creative! The team with the best cheer receives an additional **400 points**.

Upcoming Events (Mark your calendars)

Week 5: Aikido (a Japanese Martial Art) w/ Skip Mendler: 2/10 – 5:30pm & 2/12 - 10am

Week 6: February 15 – 21. Break Week. Keep working out, but we will not be tallying points.

Week 7: February 22- 28. For POINTS - Water Volley Tournament. Team #1 vs. Team # 2 Monday night 5:30pm (before class)/ Team #3 vs. Team #4 Tuesday night before or after water aerobics (?) / And Team #5 vs. Team #6 Wednesday night 6pm. Best out of 3 Games. Additional Rules will be posted.

Recipe of the Week: Ancho-glazed Salmon with Broiled Sweet Potato Fries (Great Source of Vitamin D!)

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Name: _____ Team # _____

Monday, February 1: _____ Points: _____

Tuesday, February 2: _____ Points: _____

Wednesday, February 3: _____ Points: _____

Thursday, February 4: _____ Points: _____

Friday, February 5: _____ Points: _____

Saturday, February 6: _____ Points: _____

Sunday, February 7: _____ Points: _____

Vitamin D Quiz (25 Points per Question)

1. Vitamin D...

- a. Is crucial for protecting against cancer, diabetes, depression and heart disease, therefore prolonging our live(s).
- b. Helps prevent inflammation in the body, which has been linked to heart disease, and it regulates blood pressure.
- c. Regulates the activity of the immune system's cells; helping to ward off infections and protect against autoimmune disease such as lupus, multiple sclerosis and rheumatoid arthritis.
- d. all of the above
- e. a and c only.

2. **True or False** Because most of us cannot get enough Vitamin D from the Sun, experts recommend taking a supplement daily.

3. **True or False** 78% of Americans do not have high enough Vitamin D levels.

4. Other good sources of Vitamin D include:

- a. Salmon
- b. Canned Tuna
- c. The best source of vitamin D is from the Sun.
- d. Egg Yolks
- e. All of the above

5. **True or False.** I probably receive enough Vitamin D if I take a multi-vitamin.

6. **True or False.** It is recommended that you take 1,700 IU of vitamin D a day.