

Face Off  
Week #5  
February 8 – February 14

Name: \_\_\_\_\_ Team #: \_\_\_\_\_

**“Heart Week”**

**Double Points Week**

15 minutes = 50 points      45 minutes = 150 points  
30 minutes = 100 points      60 minutes = 200 points

\_\_\_\_\_ **500 points.** Try 3 different group exercise classes

We want to see some new faces in our classes so give them a try! Please list them.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Other Classes available for this week:**

2/9 Tuesday: Pilates w/ Melissa 5:30pm – 6:15pm

2/10 Wednesday: Aikido (A Japanese Martial Art) 5:30pm – 6:30pm. Registration is required.

2/12 Friday: Aikido 10am – 11am Registration is required.

2/13 Saturday: Extreme Physique Challenge w/ Erika 8:30am

\_\_\_\_\_ **400 points.** Sing a verse of a Love Song to a Staff Member.

\_\_\_\_\_ **200 points.** Try **Aikido, a Japanese Martial Art** focusing on self defense.

This form of self defense uses balance, joint locks, and timing to control an attacker’s energy.

This class can also count for one of your 3 different group exercise classes

\_\_\_\_\_ **300 points.** Using the additional information provided calculate your target heart rate zone.

For an additional \_\_\_\_\_ **300 points** try using a heart rate monitor provided at the front desk for a workout.

\_\_\_\_\_ **500 points per team. Heart Disease HOMEWORK: Post on the board:**

Team #1: List 5 Facts *on How to prevent Heart Disease.* Team #2: List 5 *Risk Factors for Heart Disease*

Team # 3: List 3 *Tests to Diagnosis Heart Disease.* Team #4: List 3 *Treatments for Heart Disease*

Team #5: Research *ACSM Aerobic Activity Guidelines* Team#6: *Post 3 Healthy Heart Recipes.*

All of your research will be posted on a special board in the lobby for everyone to view.

**Let’s make this competition interesting. We are going to challenge the Teams with the most points (The Retired Participants) to a physical competition against Teams that are behind in points (those who work all day long).**

**Team #1 vs. Team #5**

**Team #2 vs. Team #6**

**Team #3 vs. Team #4**

**Grab your most physically fit team member from your team...**

1. Which team member can run the fastest mile on the treadmill (2,000 points)
2. Which team member can swim the fastest lap in the pool (2,000 points)
3. Which team member can perform the most push-ups in 1-minute (2,000 points)
4. Which team member can perform the most sit-ups in 1 minute (2,000 points)
5. Which team member can perform fastest 2-miles on the upright bike (2,000 points)

The team must submit the best score for each task. The same team member can perform all 5 activities, or you can submit different team member's scores. More than one person on a team can try for the best time or the most amount of reps. Your team has all week to perform the best score. The final scores must be submitted by Monday, February 15, Your scores must be witnessed by a staff member. A staff member can time you and/or count your reps. You have all week to submit your best scores. This could change the competition! GOOD LUCK!

Name: \_\_\_\_\_ Team # \_\_\_\_\_

Monday, February 8:  
\_\_\_\_\_ Points: \_\_\_\_\_

Tuesday, February 9:  
\_\_\_\_\_ Points: \_\_\_\_\_

Wednesday, February 10:  
\_\_\_\_\_ Points: \_\_\_\_\_

Thursday, February 11:  
\_\_\_\_\_ Points: \_\_\_\_\_

Friday, February 12:  
\_\_\_\_\_ Points: \_\_\_\_\_

Saturday, February 13:  
\_\_\_\_\_ Points: \_\_\_\_\_

Sunday, February 14:  
\_\_\_\_\_ Points: \_\_\_\_\_

If you are the Team Captain, Please complete the following:

1. Best 1 mile run/ walk time: \_\_\_\_\_ Name: \_\_\_\_\_
2. Best 1 lap swim time: \_\_\_\_\_ Name: \_\_\_\_\_
3. Best 2-mile bike on the upright bike: \_\_\_\_\_ Name: \_\_\_\_\_
4. Number of Push-ups completed in 1 minute: \_\_\_\_\_ Name: \_\_\_\_\_
5. Number of Sit-Ups completed in 1 minute: \_\_\_\_\_ Name: \_\_\_\_\_