

Name: _____ Team #: _____

Face Off: Week #7
February 22 – February 27

Point System

15 minutes = 25 points 45 minutes = 75 points
30 minutes = 50 points 60 minutes = 100 points

Arthritis/Joint Pain

Who doesn't have joint pain? This week we'll be reviewing arthritis and joint pain. Take a minute to read the bulletin board in the lobby. There is some valuable and helpful information in these articles.

Read the information posted on the Board in the lobby to help you complete the following questions. The articles can also be downloaded off our website. We will not be printing all the articles. (50 points each):

1. *Exercising can help relieve arthritis. Exercising strengthens joint supporting structures and improves flexibility. Physical activity also gets your heart pumping blood faster through your body, warming tissues and bringing oxygen and nutrients needed for repair* TRUE or FALSE
2. *Soaking a body part that suffers from arthritis, such as your hands, in warm water, (ex., our spa), and then in cooler water for 1 minute,(ex., our pool), (and repeating this sequence: 4 minutes – warm water, 1 minute- cool water, etc), would be very beneficial in relieving arthritic pain.* TRUE or FALSE
3. *Easing anxiety, reducing emotional stress and depression, and getting better sleep are important factors in easing arthritic pain. Tai chi and Yoga are classes that can help improve some of these factors.* TRUE or FALSE
4. *CRP, C-reactive protein, is an indicator of inflammation found in the blood. Eating fiber can help reduce crp level therefore decreasing pain that you might suffer from arthritis.* TRUE or FALSE
5. *If you suffer from arthritis, it is recommended that you stay active by playing tennis and/or golf.* TRUE or FALSE
6. *There is an effective vaccine for rheumatoid arthritis.* TRUE or FALSE
7. List 3 **Energy VAMPIRES**, things that decrease your energy level and make you feel drained.
 - a. _____ (50 points)
 - b. _____ (50 points)
 - c. _____ (50 points)

Are you interested in listening to a professional lecture on arthritis? _____

_____ **400 points.** Annual Face Off requirement; CANNON BALL into the pool

_____ **200 points.** Aikido Class on Wednesday, February 24 5:30pm – 6:30pm.

Please do not attend this class if you attended it 2 weeks ago.

_____ **1,000 points.** Water Volleyball Tournament: Each winning team receives 1,000 points.

Team #1 vs. Team #2 Monday 5:30pm-6:30pm

Team #3 vs. Team #4 Tuesday 7:15pm – 8:15pm

Team #5 vs. Team #6 Wednesday 6:30pm – 7:30pm

Champion play: Wednesday, March 3rd 5:30pm

All 3 winning teams play.

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Physical Challenge this week:

This is the 7th Week. You have been working out hard. So, here is your Physical Challenge:

Try to accomplish all of these things this week:

_____ **200 points. *Cardiovascular Training.*** Strive to meet the requirements below. Give yourself the points if you complete at least 2-45 minute cardiovascular workouts or 3 – 30 minute cardiovascular workouts.

ACSM recommends for adults (aged 18-64):

2 hours and 30 minutes a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity, or an equivalent combination of moderate and vigorous intensity aerobic physical activity.

_____ **200 points. *Strength Training.*** Complete 2 Strength Training workouts. Use the strength training equipment provided upstairs or take a strength class such as pilates, or extreme physique challenge, etc.

_____ **200 points. *Flexibility Training.*** Try a yoga class or take 10 minutes to complete a full body stretch after your workout.

Give yourself the 200 points for accomplishing the tasks and give yourself points (below) for the workouts.

Monday, February 22:

_____ Points: _____

Tuesday, February 23:

_____ Points: _____

Wednesday, February 24:

_____ Points: _____

Thursday, February 25:

_____ Points: _____

Friday, February 26:

_____ Points: _____

Saturday, February 27:

_____ Points: _____

Sunday, February 28:

_____ Points: _____