

Face Off
Week #8
March 1 – March 7
(1 more week to go)

Name: _____ Team #: _____

Quadruple Points Week (Oh Boy!)

15 minutes = 100 points 45 minutes = 300 points
30 minutes = 200 points 60 minutes = 400 points

BODY IMAGE/ LEARNING TO LOVE YOUR BODY

_____ 800 points. **“Love Your Body” Class**

Access your inner beauty and grace in this self expression style of dance. This class incorporates a variety of dance moves to help express your inner self and feel relaxed.

Tuesday, March 2nd 9am – 9:45am

(No Elegant Strength)

Thursday, March 4th 5:30pm-6:15pm

Saturday, March 6th 8:30am- 9:15am

_____ **500 points.** Log on to www.netdoctor.co.uk/interactive/interactivetests/body_image.php

Take the Body Image Quiz. Please be honest.

How did you score (optional): _____

_____ **400 points.** Write below: What you love about your body.

_____ Water volleyball tournament Wednesday, March 3rd 5:30pm.

Winners of last week will play for championship.

_____ **500 points.** This week is all about loving your body; feeling comfortable with who you are. We thought it would be FUN to tie in the movie Dirty Dancing into this theme. So for 500 points, and for fun, we want you to play out a dirty dancing movie scene. We want to make you laugh; laughing is a great abdominal workout. You just need 2 people to play out a scene; you do not need your entire team participate.

_____ **300 points.** Post on our lobby board something about your community that others may not know about. Example: A great restaurant special.

_____ **200 points.** Read the articles on body image posted on the board or you can download it on line. What did you learn? What will you stop doing or start doing to improve your body image.

Exercises:

I know some of you will be traveling soon (heading somewhere warm! I hope!). I have downloaded some great **Time Saver Workouts**. You are not required to do these for points, however, some of you might find them helpful, *whether you are traveling or not.*

Monday, March 1:

Points: _____

Tuesday, March 2:

Points: _____

Wednesday, March 3:

Points: _____

Thursday, March 4:

Points: _____

Friday, March 5:

Points: _____

Saturday, March 6:

Points: _____

Sunday, March 7:

Points: _____