

"Health Trek 2010" ACTIVITY POINTS

Please keep in mind that the goal of "Health Trek" is to get people excited about exercising. Focusing *only* on points is *NOT* the intent of this program. While the points may not be exact, they will give you a good idea about the benefits of that exercise. If participating in an activity other than what is listed, please use your judgment and assign a point number that would reflect a reasonable benefit.

Abdominal Workout :

1/2 point for every set of 20 repetitions (Abdominal crunches, curls, sit-ups, etc.)

- **Example:** 5 sets of 20 abdominal curls = 2 ½ points

Aerobics:

4.0 points for every 15 minutes of activity. This can be any exercise program to music.

Bowling:

1.0 point for every game (1 game = 10 frames).

Breakfast:

1.0 point for eating a healthy breakfast. 1.0 point per day.

Caffeine - Limited:

3.0 points per day for drinking one beverage or less with caffeine per day.

Calisthenics:

1.0 point for every 15 minutes of continuous stretching

These are continuous, repetitive calisthenics that are more stretching than muscle strengthening.

Circuit Cardio & Strength Workouts:

3.5 points for every 15 minutes of continuous activity. Do not count breaks, timeouts, etc.

Note: This exercise program consists of a continuous cardiovascular/strength training work out.

Cross - Country Skiing:

5.0 points for every 15 minutes of continuous activity.

Cycling: (Note: please add 1.5 points more per category if the terrain is very hilly or if there is strong wind resistance).

Speed/mile	2 miles	4 miles	6miles	10miles	15miles	20miles
> 6 minutes	.5 pt.	1 pt.	3 pts.	7 pts	11 pts.	15 pts.
4-6 minutes	1 pt.	3 pts.	5 pts.	9 pts.	14 pts.	19 pts.
3-4 minutes	2 pts	5 pts.	8 pts.	12 pts.	18 pts.	24 pts.
< 3 minutes	3 pts.	7 pts.	10 pts.	15 pts.	21 pts.	27 pts.

Dancing:

3.0 points for every 15 minutes of continuous activity (Country/swing/line dancing, etc.)

Drinking Water:

5.0 points per day for 6 to 8 – 8 oz glasses

Eating Fruits or Vegetables:

5.0 points for eating a combination of 6 or more servings a day.

Examples of serving sizes:

<i>Veggies-</i>	1 cup green salad -	baseball or a fist
	1 baked potato-	a fist
	¾ cup tomato juice-	small Styrofoam cup
<i>Fruits-</i>	½ cup broccoli-	a light bulb
	½ cup grapes (15)	light bulb
	1 med size fruit	tennis ball or fist
	1 cup of cut up fruit	a fist
	¼ cup raisins	large egg

Elliptical Machine or EFX Machine:

<u>Points</u>	<u>Work Load</u>
3.5 for every 15 minutes	3.0
5.0 for every 15 minutes	5.0
7.0 for every 15 minutes	7.0

Exercising with family, friends and pets:

1.0 point each time you exercise with family, friends or pets.

Exercise Goal:

5.0 points per week

- Write and achieve a SPECIFIC personalized exercise goal each Monday morning. (Example: I will walk for 20 minutes on 6 days this week).

Flossing:

3.0 pts. per day

Football / Softball:

2.0 points for every 15 minutes of continuous activity.

FRHS Health Resource Center:

1.5 points per week

Stop into Faith Regional's Health Resource Center to check out information on a particular health related topic. We have books, videos, CDs and various print information topics available.

We are open Monday - Friday from 8:00am - 5:00pm.

Gardening / Housework:

1.5 points for every 30 minutes of continuous work.

Golf:

3 points – Walking 18 holes

1 point – Using cart for 18 holes

1.5 points – Walking 9 holes

.5 point – Using cart for 9 holes

Ice or Roller Skating, Rollerblading:

2.5 points for every 15 minutes of activity.

Kick boxing:

4.5 points for every 15 minutes of continuous activity.

Lifesteps or Lifecycle:

<u>Level</u>	<u>Points</u>
4	3 points every 10 minutes
6	4 points every 10 minutes
8	5 points every 10 minutes
10	6 points every 10 minutes

Pilates:

3.5 points for every 15 minutes

Racquetball / Handball / Basketball:

5.0 points for every 15 minutes of continuous activity. Do not count breaks, time outs, etc.

Rope Skipping:

<u>Time</u>	<u>Points</u>
5 minutes	3.0
10 minutes	5.0
15 minutes	8.0
20 minutes	11.0

Rowing:

3.0 points for every 10 minutes of continuous activity.

Seminar: 20 individual points for attending.

Health Trek is offering a seminar entitled, "Common Sports Injuries" on two separate dates/times for members to participate in. This seminar will be offered on 4/26/10 from 12:00 - 1:00 and on 4/27/10 from 6:00 - 7:00 in the Nebraska room at Faith Regional. Join Jenni Aschoff, Certified Athletic Trainer with Faith Regional's Rehabilitation Services to learn what you can do to make sure that you're not sidetracked by a sports injury. This is a perfect topic for Health Trek as there are many participants who will either be beginning a fitness program during Health Trek or expanding upon their usual fitness program. Although a sports injury can happen to anyone, there are precautions that you can take to minimize your risk. Also, learn what you can do in the event that you do suffer a sports injury and the types of treatments that are available to you.

Seminar attendance is optional and is limited to the first 120 members who indicate they'd like to attend on their registration sheet. Health Trek WILL CONFIRM with you via email if you were one of the first 120 registrants for the seminar.

Seat Belts:

5.0 points **PER WEEK** (7 days a week). Must use seat belt **EVERY** time you are riding in a vehicle. Maximum of 5 points per week. Example: using seat belt EVERY time in car, 7 days a week = 5 points.

Skyview Lake Poker Walk: 20 individual points for participating

Health Trek would again like to honor the team approach by providing an opportunity to show your support of one another by participating in a group walk at Skyview Lake Park. This event will take place on 5/4/2010 (Tuesday) from 5:30pm - 7:00pm. There will be a check-in area near the picnic shelter by the playground equipment on the North side of the lake. Participants will receive cards from various stations on their trek around the lake. Those with tops hands will be awarded various prizes and we will also randomly draw for some prizes from all participants in the poker walk (regardless of your poker hand). Remember that you will receive 20 points IN ADDITION to those you are earning for the actual exercise, PLUS the extra points for exercising with family, friends, and team members. Please show your support for your team/family/friend/co-workers, etc. by attending this group walk!

Sleep:

2.0 points for a restful nights sleep (may vary depending on your requirements)

Smoke Free:

1.0 point per day for not smoking

5.0 points per day if you were a smoker and quit during this program

Soccer/ Martial Arts:

3.0 points for every 15 minutes of continuous activity.

Spinning:

5.0 points for every 15 minutes of continuous activity.

Spiritual Wellness:

1.0 point for attending religious/spiritual events (Church, Sunday School, Youth Group. Meditation time, etc.)

Stair Stepping machine:

5.0 points for every 15 minutes of continuous activity

Stationary Cycling: (Using a screw-down resistance)

Time (min:sec)	Point Value			
	<u>15mph/55rpm</u>	<u>20mph/75rpm</u>	<u>25mph/90rpm</u>	<u>30 mph/105rpm</u>
5:00	-----	1.25	2	2.5
10:00	1.25	2.50	3	4
15:00	2	3.25	4.25	5.50
20:00	2.50	4	5.75	8
30:00	3.75	6.50	9.50	12.50
45:00	6.75	11	15	19.50
60:00	9.75	16	22	28

Swimming:

5.0 points for every 15 minutes of continuous activity.

Trivia: 20 possible team points for each trivia sheet completed.

Trivia questions will be distributed to all teams via email on April 26th and May 10th. Teams will have one week in which to complete the trivia questions and email the answers to Health Trek. There will be five trivia questions each time (worth 4 points each) for a total of 20 points. The points earned for correctly answering the trivia questions are TEAM points and the Health Trek coordinator will add them onto the team total (they are not to be added in for each individual on the team). The trivia is designed to guide you to credible health-related websites and to help you learn some health facts/information you may not have been previously aware of. Participating in the two "trivia" contests is optional.

Tennis:

<u>Time</u>	<u>Points</u>	
	<u>Singles</u>	<u>Doubles</u>
30 minutes	3.0	1.0
1 hour	6.0	2.0

Volleyball:

2.0 points for every 30 minutes of activity.

Walking / Running:

Note: Add ONE additional point per mile or per every 1,000 steps if you are walking in a hilly area or if there is strong wind resistance while out walking.

Using Pedometer:

- 1,000 Steps = 1.0 point
- 1,500 Steps = 1.5 points
- 2,000 Steps = 2.0 points
- 2,500 Steps = 2.5 and so on!

Using Treadmill

<u>Speed</u>	<u>Time (Min)</u>	<u>% Incline</u>				
		<u>0%</u>	<u>5%</u>	<u>10%</u>	<u>15%</u>	<u>20%</u>
3 mph	30 min.	2.00	2.25	2.75	4.00	6.00
	60 min.	5.00	5.50	7.00	10.00	15.00
4 mph.	30 min.	5.00	6.50	7.00	10.00	15.00
	60 min.	11.00	12.00	15.50	22.00	33.00
5 mph	30 min.	9.00	10.00	12.50	18.00	27.00
	60 min.	19.00	21.00	26.50	38.00	57.00
6 mph	30 min.	14.00	15.50	19.50	28.00	
	60 min.	29.00	32.00	40.50	58.00	

Flat surface: (Track or outdoor)

<u>Speed per Mile</u>	<u>Points</u>
> than 12 minutes	2.5 points per mile
10-12 minutes	3.5 points per mile
8-10 minutes	4.5 points per mile
< 8 minutes	5.5 points per mile

Water Aerobics:

2.5 points for every 15 minutes of continuous activity. Do not count breaks, time outs, etc.

Weight & Inches Loss/Gained :

- + 2.0 points for every 1 pound or inch lost
- 2.0 points for every 1 pound or inch gained back from actual loss.

Weight Training:

4.0 points for every 15 minutes of continuous activity.

Weighted Hula Hoop:

2.0 points for every 5 minutes of continuous activity.

Wrestling / Boxing:

5.0 points for every 15 minutes of continuous activity.

Yoga:

1.5 points for every 15 minutes of continuous activity.

Please note that points may be offered for other activities throughout Health Trek and participants will be notified via email of other point opportunities.