

Spring into Shape

2013 Log Book



healthworks
by KAISER PERMANENTE.



Denver Federal Wellness Center

The Wellness Center has been serving federal employees, retirees, contractors, and their families for over 20 years. It a great place to meet your fitness needs and provides a variety of fitness equipment, personal training, and fitness classes in a friendly environment and at reasonable prices.

LOCATION

Denver Federal Center Bldg 75

FACILITIES

- ♦ Cardiovascular Area
- ♦ Free Weights
- ♦ Cybex Weight Machines
- ♦ Aerobics Studio

FITNESS CLASSES

Body Sculpt | Swing Dance | Yoga | Sit-B-Fit | Pilates
Boot Camp | Step Aerobics | Fit Ball

HOURS

Open 7 days a week | 4:00 pm - 10:00 pm

MEMBERSHIP

Membership is open to Federal Employees, Contractors, Active Military, Retired Military, and their immediate family member's age 16 and older.

FEES

\$24 Monthly
\$114 Prepaid Semi-Annually
\$192 Prepaid Annually (Oct-Sept)

MANAGER

Kiel Hovland | kiel.hovland@gsa.gov | 303 236 6911

Spring into Shape Challenge

Spring into Shape is a 6-week physical activity and nutrition program presented by the CFEB Workforce Development Council, Denver Federal Wellness Center, and Kaiser Permanente. This is a wonderful opportunity to take charge of your health, compete for great prizes, and track your weekly physical activity and fruit/vegetable consumption.

March 11 – April 21, 2013

INDIVIDUAL PARTICIPANTS | \$5

- ♦ You may compete individually or on a team, but not both

TEAMS | \$20

- ♦ Teams must have 4 people
- ♦ Designate one person as team captain
- ♦ Team captains must register and make payment for all team members

PRIZES | Visa gift cards

Individual Participants

*First, second, and third place for individuals earning the most overall points

Teams

*First, second, and third place for teams earning the most overall points

RULES

- ♦ Participants may compete as an Individual or on a Team (not both)
- ♦ Track and record your points in your daily log book – tally weekly for the grand total at the end of the program
- ♦ Individual participants must complete the Post Program Survey by May 3 to be eligible for a prize – the link to the survey will be emailed to Individual participants by April 22
- ♦ Team Captains must complete the Post Program Survey by May 3 for their team to be eligible for a prize – the link to the survey will be emailed to Team Captains by April 22

WEEKLY EMAILS

Participants will receive weekly motivational emails, which will also be posted on the Spring into Shape web page.

SPRING INTO SHAPE WEB PAGE

<https://www.colorado.feb.gov/index.php?content=84&page=SpringintoShape>

CONTACT Gay Page | gpage@colorado.feb.gov | 303 202 4588

CONGRATULATIONS!

You have made a commitment to your health and wellness by choosing to participate in this program. Over the next 6 weeks, you will have the opportunity to make healthy choices as you shape up for summer!

NEXT STEPS

Now

Write your health goal:

Daily

Starting on March 11, begin tracking your physical activity and your fruit and vegetable intake and record your points in your log book. A physical activity chart, as well as a fruit and vegetable portion chart, are included in this log book to help you assign the appropriate number of points for each activity and serving.

Weekly

Tally your total points for the week in your log book

4/21

- ♦ Tally your total points earned for the six week program
- ♦ Team Members – Send your total points to your team captain

5/3

Post Program Survey Due – You must complete the survey to be eligible for prizes. The link will be sent to Individual participants and Team Captains. Team Captains will record the total points for their team.



EARN POINTS

There are two ways to earn points:

- 1) **Physical Activity** – Participant in low, moderate, or high intensity activities.
- 2) **Eat Fruits & Vegetables** – Earn 1 point per serving

Spring into Shape

Estimate Your Points

Low 1 point per 30 min	Moderate 1 point per 15 min	High 1 point per 10 min
Bowling	Bicycling (leisure)	Aerobic exercise
Fly Fishing	Circuit weight training	Basketball
Gardening	Dancing	Bicycling (fast)
Golf (with cart)	Downhill skiing	Hiking (with pack)
Housework (light)	Golf (no cart)	Jumping Rope
Softball	Hiking (leisure)	Racquetball
Volleyball	Housework (heavy)	Running
Stretching	Lawn mowing (push)	Snowshoeing
Yard work	Low-impact aerobics	Soccer
Walking (under 3mph)	Pilates	Swimming
Washing the car	Tennis	Walking (over 4mph)
	Walking (3-4 mph)	Weight training (heavy)
	Yard Work (heavy)	
	Yoga	

Use these charts to help estimate your physical activity points and fruit and vegetable servings. We understand that you may participate in physical activities or eat fruits and vegetables that are not shown on these charts. However, you should find something similar on the chart and make your best estimate from there.



Serving Size of Fruit	
Apple	= 1 medium
Avocado	= half
Banana	= 1 small
Blueberries	= 1/2 cup
Clementine	= 2
Fruit Juice	= 1/2 cup
Fruit Salad	= 1/2 cup
Fruit Smoothie	= 1/2 cup
Grapefruit	= half
Grapes	= 1 handful or 15
Melon	= 1 large slice
Orange	= 1
Peach	= 1 medium
Pear	= 1 medium
Pineapple	= 1 large slice
Raisins	= 1/4 cup
Strawberries	= 7

Serving Size of Vegetables	
Asparagus	= 7 spears
Beans	= 1/2 cup
Broccoli	= 5 florets
Carrots	= 1 large or 10 baby
Cauliflower	= 8 florets or 1/2 cup
Celery	= 3 sticks
Corn	= 1 ear or 1/2 cup
Cucumber	= 1/2 cup
Lettuce	= 1 cup
Mixed Vegetables	= 1/2 cup
Mushrooms	= 14 or 1/2 cup
Onion	= 1 medium
Peas	= 1/2 cup
Pepper	= half
Spinach	= 1 cup raw or = 1/2 cup cooked
Tomato	= 1 medium

For more information, visit www.kaiserpermanente.org, www.mypyramid.gov, or www.calorieking.com

Example Point Log

EXAMPLE WEEK		
	PHYSICAL ACTIVITY & TIME	POINTS
Monday		
Tuesday		
Wednesday	<i>yoga (15 min), circuit weight training (30 min)</i>	2
Thursday		
Friday	<i>3-4 mph walk (30 min)</i>	3
Saturday	<i>hiking (2 hours)</i>	8
Sunday		
PHYSICAL ACTIVITY TOTAL		13
SERVINGS OF FRUITS & VEGETABLES		
		POINTS
Monday	<i>carrots (1), apple (1), lettuce (2), cucumber (1)</i>	5
Tuesday	<i>apple (1), grapes (1), broccoli (1)</i>	3
Wednesday	<i>pear (1)</i>	1
Thursday		
Friday	<i>carrots (1), banana (1), lettuce (2)</i>	4
Saturday		
Sunday	<i>corn (1), grapes (1), broccoli (1)</i>	3
FRUITS & VEGETABLES TOTAL		16
EXAMPLE WEEK GRAND TOTAL		29



WEEK 1

WEEK 1		
	PHYSICAL ACTIVITY & TIME	POINTS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
PHYSICAL ACTIVITY TOTAL		

	SERVINGS OF FRUITS & VEGETABLES	POINTS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
FRUITS & VEGETABLES TOTAL		
WEEK 1 GRAND TOTAL		

WEEK 2

WEEK 2		
	PHYSICAL ACTIVITY & TIME	POINTS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
PHYSICAL ACTIVITY TOTAL		

	SERVINGS OF FRUITS & VEGETABLES	POINTS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
FRUITS & VEGETABLES TOTAL		
WEEK 2 GRAND TOTAL		

WEEK 3

WEEK 3		
	PHYSICAL ACTIVITY & TIME	POINTS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
PHYSICAL ACTIVITY TOTAL		

	SERVINGS OF FRUITS & VEGETABLES	POINTS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
FRUITS & VEGETABLES TOTAL		
WEEK 3 GRAND TOTAL		

WEEK 4

WEEK 4		
	PHYSICAL ACTIVITY & TIME	POINTS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
PHYSICAL ACTIVITY TOTAL		

	SERVINGS OF FRUITS & VEGETABLES	POINTS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
FRUITS & VEGETABLES TOTAL		
WEEK 4 GRAND TOTAL		

WEEK 5

WEEK 5		
	PHYSICAL ACTIVITY & TIME	POINTS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
PHYSICAL ACTIVITY TOTAL		

	SERVINGS OF FRUITS & VEGETABLES	POINTS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
FRUITS & VEGETABLES TOTAL		
WEEK 5 GRAND TOTAL		

WEEK 6

WEEK 6		
	PHYSICAL ACTIVITY & TIME	POINTS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
PHYSICAL ACTIVITY TOTAL		

	SERVINGS OF FRUITS & VEGETABLES	POINTS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
FRUITS & VEGETABLES TOTAL		
WEEK 6 GRAND TOTAL		

TALLY TOTAL POINTS

INDIVIDUAL TOTAL POINTS	
INDIVIDUALS	POINTS
WEEK 1	
WEEK 2	
WEEK 3	
WEEK 4	
WEEK 5	
WEEK 6	
GRAND TOTAL	

TEAM TOTAL POINTS	
TEAM	POINTS
TEAM MEMBER 1 TOTAL	
TEAM MEMBER 2 TOTAL	
TEAM MEMBER 3 TOTAL	
TEAM MEMBER 4 TOTAL	
TEAM GRAND TOTAL	