



Legislative Advocacy Committee  
Focus for Conference Workshop  
**LOVE YOUR HEART, LOVE YOUR SELF**



SOROPTIMIST  
Best for Women

Updates and forms also available online at [www.si-noyosunrise.org](http://www.si-noyosunrise.org)  
Watch for Updates on this and the Founder Region Website!

SOROPTIMIST  
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## RULES OF THE EXERCISE COMPETITION

1. The competition starts March 1, 2008 and ends April 30, 2008. Any club member can enter anytime up until the last day of the competition.
2. Any type of exercise qualifies in this competition, including housework, yoga, and meditation (See Equivalency Chart for point assignments)
3. The competition is open to any club or individual Soroptimist member. There is no minimum or maximum number of participants per club.
4. There will be awards for individuals, clubs, and districts as follows:
  - a. Most Points Earned
    - i. Individuals (from 5 categories of age)
    - ii. Club
    - iii. District
  - b. Highest Percent Participation in Competition
    - i. Club
    - ii. District
5. Categories for Most Points Earned (between March 1-April 30, 2008)
  - a. Individuals—Points per person
    - i. Members under 25 years
    - ii. Members aged 25-40
    - iii. Members aged 41-55
    - iv. Members aged 56-65
    - v. Members over 65
  - b. Club Points and Participation (2 categories)
    - i. Most points overall (all ages)
    - ii. Highest percent participation (participants/#members)
  - c. District Points and Participation (2 categories)
    - i. Most points overall (all ages)
    - ii. Highest percent participation (#participating clubs/#total clubs)
      1. Tie-breaker is # members in clubs participating.
6. **Clubs participating will assign a club scorekeeper.** The scorekeeper will collect clubmember points and periodically report miles and club progress to a LA committee member from their district, who will keep records for the district (and post them on the LA Chair's website [www.si-noyosunrise.org](http://www.si-noyosunrise.org) and also (hopefully) the Founder Region website.
7. Any additional interpretations of the rules will be posted on the above website(s) as they become necessary.
8. All 9 awards given will be given out at the LA workshop, at Conference on Friday.

# EXERCISE EQUIVALENCY CHART

In general, 1 point is given for 15 minutes of continuous *aerobic* exercise, and .5 points are awarded for *non-aerobic* exercise. All forms of exercise and stress reduction are awarded “exercise points”.

*NOTE: While some forms of activity fall into both categories, it's up to the individual to know if they are exercising at a brisk or leisurely pace for their age and condition. **Elevated heart rate, breathing, and perspiration** are clues. Remember ALL forms of exercise, whether aerobic or not, have benefits in improving bone density, tone of the heart muscle, blood flow, and reducing diabetes and blood pressure, for example.*

## EXAMPLES OF EXERCISE ACTIVITIES AND POINTS ASSIGNED

*MAKE UP YOUR OWN LIST BASED ON THE PRINCIPLES OF LIGHT VS HARD WORKOUTS AND POINTS ASSIGNED*

AEROBIC EXERCISES 1.0pt / 15 Min	NON-AEROBIC EXERCISES 0.5pts / 15 Min.
ACTIVITY	ACTIVITY
RUNNING	MEDITATION
ROWING	HOUSEWORK/COOKING (continuous)
STEP AEROBICS	YOGA
WALKING (brisk)	WALKING (leisurely)
BICYCLING (brisk)	BICYCLING (leisurely)
XC SKIING	WEIGHT LIFTING
DOWNHILL SKIING (fast pace)	BODY PUMP
DANCING	SMALL TRAMPOLINE
HORSEBACK RIDING (competition)	HORSEBACK RIDING (leisurely ride)
ROLLER SKATING (hard pace)	ROLLER SKATING (leisurely)
ICE SKATING (hard pace)	SURFING
STAIR/HILL CLIMBING	TAI CHI
COMPETITION SPORTS	DIVING
SHOPPING (power pace)	SHOPPING (normal)

**FOUNDER REGION SOROPTIMIST**

*Love Your Heart, Love Yourself Exercise Challenge!*

**INDIVIDUAL POINT RECORD**

**For Use by Individual Member Participants**

Updates and forms also available online at [www.si-noyosunrise.org](http://www.si-noyosunrise.org)

Watch for Updates on this and the Founder Region Website!

**Club Participants, please track your exercise points on this form.  
Email or somehow get this to your Club Scorekeeper at least weekly**

**Her email is: \_\_\_\_\_**

**Add pages as necessary**

(See equivalency points and competition rules on previous pages)

**NAME:**

**AGE:**

**DISTRICT:**

**CLUB:**

DATE	ACTIVITY	POINTS	NOTES
<b>TOTAL POINTS THIS PAGE:</b>			
<b>TOTAL ACCUMULATED POINTS:</b>			

# FOUNDER REGION SOROPTIMIST

*Love Your Heart, Love Yourself Exercise Challenge!*

## CLUB POINT RECORD

**For Use by Club Exercise Scorekeepers**

Updates and forms also available online at [www.si-noyosunrise.org](http://www.si-noyosunrise.org)

Watch for Updates on this and the Founder Region Website!

**Club Scorekeepers, please track your club member progress on this form. Email or somehow get this to your Legislative Advisory Members at least bi-weekly. Her email is: \_\_\_\_\_**

**Add pages as necessary**

(See equivalency points and competition rules on previous pages)

<b>DISTRICT:</b>	<b>CLUB:</b>	<b># MEMBERS IN CLUB:</b>
<b>SCOREKEEPER:</b>	<b>Email:</b>	<b># PARTICIPATING:</b>

DATE	INDIVIDUALS	AGE	POINTS
<b>TOTAL POINTS THIS PAGE:</b>			
<b>TOTAL ACCUMULATED POINTS:</b>			

