



## **Body Building Week** **November 3<sup>rd</sup> - November 7<sup>th</sup>, 2008**

### **Monday, November 3<sup>rd</sup>**

- 2:00pm Welcome meeting and Introductions (Sara, Brad, & Nick)
- 2:30pm Body Building Basics & Overview (Nick Scott)
- 4:30pm Nutrition and Sports Dietetics Talk (Victoria)
- 6:00pm Healthy Choices Dinner at Apple-Bees
- 7:30pm Hang Time with Nick

### **Tuesday, November 4<sup>th</sup>**

- 8:00am MedGem (3)
- 8:30am Cardio with Nick
- 9:30am Breakfast
- 10:00am Personal Fitness Consultations with Jim Karas
- 11:30am Lunch
- 1:00pm Out-trip to Gottlieb Fitness Center (leave @ 12:30pm)
- 5:00pm Dinner at SHC
- 6:00pm Work-out Time with Nick - Burn Machine Representatives

### **Wednesday, November 5<sup>th</sup>**

- 8:00am Breakfast
- 9:00am Fitness Testing at Gottlieb Fitness Center (leave @ 8:30am)
- 11:30am Lunch
- 1:00pm Out-trip to Good Samaritan Fitness Center (leave @ 12:15pm)
- 5:30pm Cooking Class with Joe Krzak
- 7:30pm Evening Massages by Advanced Physical Medicine

### **Thursday, November 6<sup>th</sup>**

- 8:00am MedGem (3)
- 8:30am Cardio with Nick
- 9:30am Breakfast with Victoria: All You Need to Know about Supplements
- 10:30am Weights with Nick - weights, aerobics
- 11:30am Lunch
- 1:30pm Lazer Tag in at Lazer X
- 6:00pm Dinner on the Road

### **Friday, November 7<sup>th</sup>**

- 8:30am Breakfast with wrap up, reflections, & evaluation of the week
- 10:00am Wheelchair Body-Building In-service and Guest Posing by Nick