

TEMPLE TRIATHLON

Surely you know that you are God's temple and that God's Spirit lives in you! For God's temple is holy, and you yourselves are His temple. | Corinthians 3:16-17

What: Temple Triathlon is a six-week team competition aimed at developing healthy habits of eating, physical activity, and developing a closer walk with God.

Why: We are called to be good caretakers of the one body God has given us. The bad news is that we overeat, undermove, and don't spend the time we need to develop a deeper relationship with God. Temple Triathlon is a fun opportunity to develop better habits in these areas.

Who: Participants form four-person teams. Team members may be family or friends. For example, a family with a mother, father and one child may include an aunt; four students or four friends can team up. Anyone can participate but team members scoring points must be at least five years of age.

When: Temple Triathlon at Second Christian Reformed Church starts on Sunday, January 15, 2012 and ends on Saturday, February 25. Winners of the competition will be announced on Sunday, March 11. A weekly prize will be given for the most points in a specific category. To be eligible for prizes, the team captain must hand in the weekly point totals by the weekly deadline.

How: Identify four members to be on your team. Give yourselves a Team Name and appoint a captain. Fill out the registration below and turn it in to Kathy Lucas, the Parish Nurse. A registration box will be located in the church office through January 15. Tracking packets will be put in the captain's church mailbox.

Do: Keep track of the numbers of servings of fruit and vegetables, minutes of physical activity, and minutes of spiritual formation activities each day. Turn in your totals to your team captain every week.

Captains should report team totals by the Wednesday of each week to Kathy at 842-0710 x 111 or email nurse@secondcregrandhaven.org

No weigh-ins! No special diet! Begin to be a healthy group. Register today!

Team Name: _____

Team Members:

1. (Captain) _____ Phone _____ Email _____

2. _____ Phone _____ Email _____

3. _____ Phone _____ Email _____

4. _____ Phone _____ Email _____

Return this registration to church office box or parish nurse by January 15, 2012