

2023 Senior CDM Classes

#1



On Cloud 5

- \$169.99
- Waterproof
- Heel to toe drop 8 mm
- 8 oz
- Moderate Cushion

#2



HOKA Arahi 6 Running Shoe

- \$139.99
- Stabilizing J-Frame to Combat overpronation
- Heel to toe drop 5 mm
- 7.6 oz
- Maximum Cushion

#3



Nike Pegasus 4 Trail Running

- \$159.99
- Waterproof
- Higher gaiter to keep debris out
- Heel to toe drop – 9.5 mm
- 8.5 oz
- Maximum Cushion

#4



Brooks Cascadia Trail Running Shoe

- \$175.99
- Waterproof
- Heel to toe drop – 8 mm
- 10.1 oz
- Moderate Cushion

Beth is looking for new shoes before she starts traveling across Europe. She plans on walking once arriving at her destinations to eliminate any language barriers with the taxi drivers. She is an avid gardener and is hoping to see many of the beautiful gardens, especially first thing in the morning right when the dew is still heavy. She also has been told it rains a lot there. She would like to be able to not worry about the water and go where she needs to go. She also knows she must have maximum comfort in order to walk most all days of the two week trip. She cannot afford for her feet to hurt. She wants to make sure these shoes don't add much weight to her suitcase as she is limited to one bag at 40 lbs for the duration of her trip.

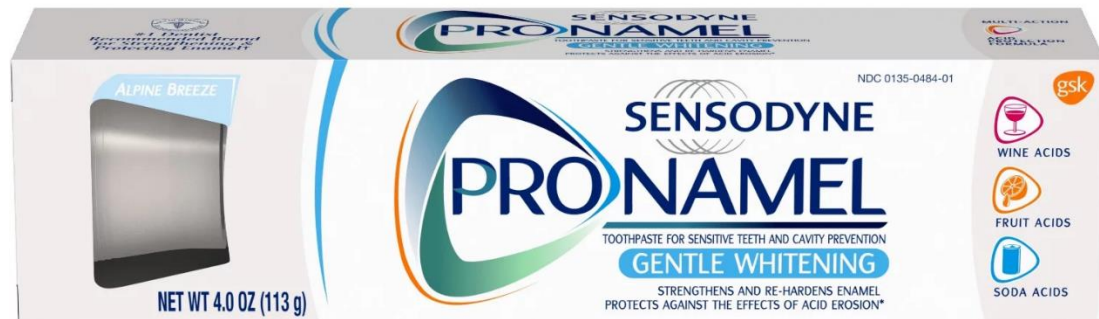
#1



Colgate Optic White Advanced

- \$6.26
- 3.2 oz
- 2% hydrogen peroxide formula
- Enamel-safe for daily use
- Herbal minty wintergreen flavor
- Anticavity fluoride helps protect against cavities

#2



Sensodyne ProNamel

- \$6.98
- 4 oz
- Delivers minerals into the enamel to protect from acid erosion
- Alpine Breeze flavor for clean teeth and fresh breath
- Specially formulated to gently polish away stains
- Active ingredients – Sodium fluoride 0.15% w/ v fluoride ion

#3



Lumineux Whitening Toothpaste

- \$6.98
- 3.75 oz
- Naturally derived ingredients: Dead Sea Salt and Coconut Oil – whitened teeth without bleaches
- Stain-fighting oils break up stains without damaging enamel
- All Natural Ingredients, no fluoride or other chemicals

#4



Powdered Mineral Toothpaste

- \$15.16
- 1 oz
- Made without synthetic additives, foaming agents, artificial flavors, fluoride or preservatives
- Made with all natural powerful ingredients like clays, baking soda and peppermint flavored essential oils

Jenny is on the hunt for a new toothpaste. She just finished her dentist visit and her dentist suggested that she needs a toothpaste that will help improve the strength of her enamel as he could see signs of enamel erosion. She knows her teeth are becoming sensitive so she feels that is very much the case. Because she has a big event coming up she also thought this would be a great time to whiten her teeth that have become somewhat dingy due to years of drinking coffee and tea. She has 5 kids, so she must be economical with her purchase. Which toothpaste should Jenny choose to best fit her needs?

#1



Sunny Health & Fitness Manual Walking Treadmill

- \$169.99
- Manual operation – you set the pace
- No speed or resistance settings
- LCD Screen displays your speed, distance time and calories
- 13" x 42" belt with nonslip side rails
- Folds for storage

#2



Urevo Strol Lite 2-in-1 Under Desk Treadmill

- \$359.99
- Steel Frame
- 2.25 HP motor
- LED Display of stats
- 0-7.6 mph possible
- Reading rack for book, phone or tablet

#3



Urevo U1 Under Desk Treadmill

- \$339.99
- Steel frame for durability
- 2.25 HP motor
- Digital Display for view of time, speed, calories and distance
- Speed from 0 – 4 mph
- Wheels for Transport

#4



Sunny Health & Fitness Walkstation Slim Flat Treadmill

- \$399.99
- Remote Control lets you adjust your speed from .5 to 3.75 mph
- 14" x 5" digital monitor measures time, speed, calories, steps and distance
- Running deck absorbs shocks for comfort
- 1.5-horsepower motor for efficient operation
- 220 pound weight capacity

DeAnne is wanting to get in shape before her spring break cruise. The weather doesn't allow her to walk outside in the winter so she thought she might as well walk at the office. In order to promote endurance and a cardio-based heart rate her doctor suggested a treadmill that will make her keep a steady pace. She has even thought that with her new standing desk she could walk while working on the computer. She currently weighs about 230 pounds but her goal is to be under 200 by the time of the cruise thanks to walking. Which treadmill should DeAnne purchase with her \$400 budget.

#1



Stanley The Quencher H2.0 FlowState 30 oz

- \$50.00
- 5 hrs hot / 9 hrs cold / 40 hrs iced
- Recycled stainless steel
- Double-wall vacuum insulation
- Flow State Screw-On 3-position lid (Straw/drink/close)
- Reusable Straw
- Car Cup Holder Compatible
- Dishwasher safe but hand-wash recommended

#2



RTIC Road Trip Tumbler 40 oz

- \$34.99
- 3-in-1 lid (Straw/drink/close)
- 2 straws included
- Ceramic Lining prevents metallic taste and smell
- Keeps ice for up to 24 hours
- Vacuum-Sealed insulation
- Cup holder Friendly
- Big Handle
- Dishwasher safe – lid and straw top rack only

#3



Yeti -Rambler 35 oz Mug

- \$42.00
- Double-Wall Vacuum Insulation
- Stainless Steel
- Dishwasher safe
- Straw lid with Straw included
- Recommended only for cold drinks
- Cupholder Friendly

#4



HydroFlask 40 oz All Around Travel Tumbler

- \$44.95
- Double Wall Vacuum Insulation
- Splash Resistant Press in Straw Lid
- Flexible Straw
- Fits most cupholders
- Stainless Steel
- Dishwasher Safe

Cory is looking for a new tumbler to take with her when she travels. She is trying to drink at least 40 ounces of water in the morning and 40 ounces in the afternoon for a total of 80 ounces a day. She is constantly in the car so it must fit in the cupholder and then if she could make it so it wouldn't spill if it accidentally was knocked over that would be great. Her mother is supporting this goal and gave her \$45 in which to purchase a new tumbler. Which one should Cory choose?

#1



Peerless – AV 75" Neptune Partial Sun Outdoor 4K HDR

- \$4,299.99
- Standard LED Display
- Edge Lit Backlight
- 60 Hz Refresh
- 500 nits Brightness
- WebOS Smart Platform
- 3 HDMI Inputs
- Min/Max Operating Temperature: -22/122 degrees Fahrenheit
- Free wall mount with purchase

#2



SunBrite TV – Veranda 55” LED Outdoor Full Shade 4K

- \$1,768.99
- Standard LED Display
- 450 nits brightness
- Full Array Local Dimming Backlight
- 60 Hz Refresh Rate
- 3 HDMI Inputs
- No Installed Smart Features
- Weather resistant

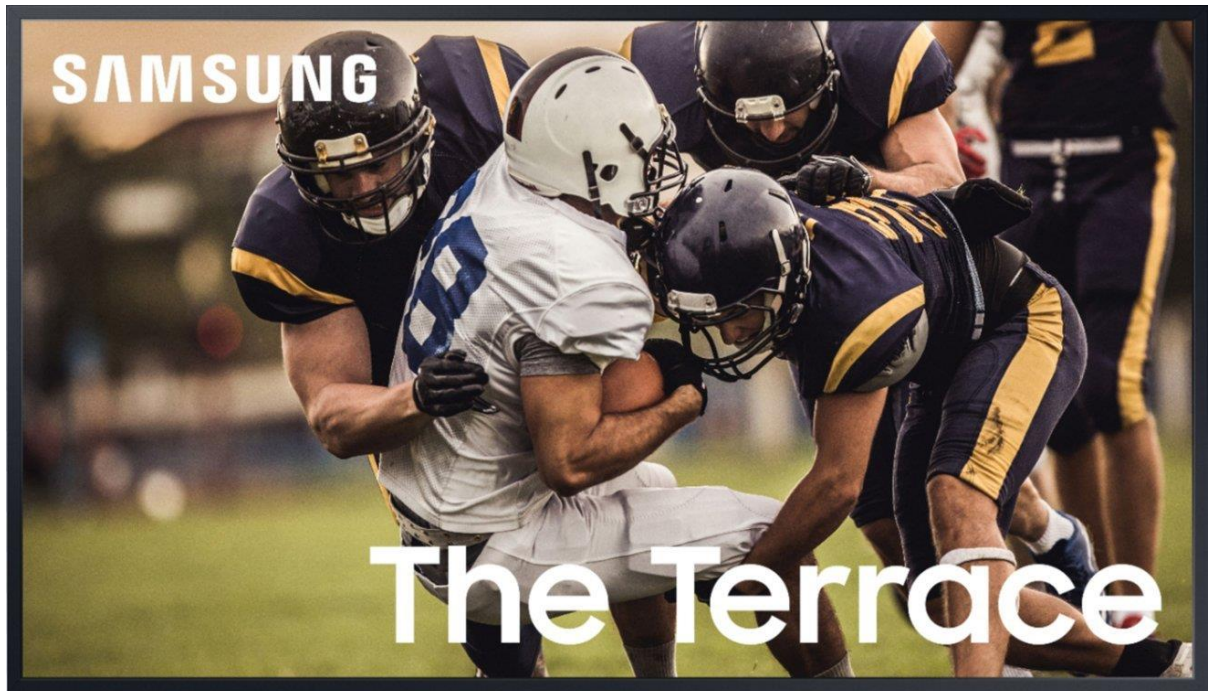
#3



Furion 55" Aurora Sun Smart Full Sun 4K LED TV

- \$2,699.99
- Edge Lit Backlight
- Standard LED
- XtremeShield tempered glass screen for protection against impacts and scratches
- WebOS Smart Platform
- 3 HDMI Inputs
- 60 Hz Refresh Rate
- 1500 nits brightness
- Min/Max Operating Temperature: -24/122 Degrees fahrenheit

#4



Samsung Terrace Series 55" Class QLED Outdoor Partial Sun 4K UHD Smart TV

- \$3,499.99
- Quantum LED
- Full Array Local Dimming Backlight Type
- 120 Hz Refresh Rate
- Weather Resistant Durability Ip55 Rated
- Tizen Smart Operating System
- 3 HDMI Inputs
- 2000 nits Brightness

Galen is wanting to install a new tv on his covered deck. Living in the Texas Panhandle he knows weather can be very difficult and hard on televisions. His deck faces the west so in the summertime the TV will have some sunlight on it – never fully in the sun or shade. He wants a quality picture because many of his friends gather to watch sports and cook-out and he once had a regular tv that just wasn't bright enough. He will not have satellite or antenna access so it must be a Smart TV. He wants at least a 55" tv and his wife has given him a budget of \$4,500. Which TV should Galen get for his covered deck.