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**10 Easy Tips to Enjoy Super Bowl Sunday (Even If You Are a Girl)**

**By Julie Hunt**

**10 Easy Tips to Enjoy Super Bowl Sunday (Even If You Are a Girl) by Julie Hunt**

What's a girl to do? Super Bowl Sunday has to be the most masculine day of the entire year.

Julie Hunt, female

extraordinaire, offers 10 totally awesome ideas to women planning and enjoying their Sunday, Feb. 6th Super Bowl Soiree.

Because unless you want to plan an "Anti Super Bowl Party" where you can escape for a few hours, let the guys do their thing and paint the town red... the reality is most of us girls will end up at a Super Bowl Party (and you may even be the hostess of one).

And that means hanging out with excitable boys who can't be interrupted or ripped from the TV, eating almost as much food as we do on Thanksgiving Day and grinning and bearing the football nonsense to get through it all. Thank goodness we've got Bono this year as our halftime hunny!

Why fight it? Might as well brighten up the day with a little feminine energy and make it a day for everyone, not just the boys.

So, here are the top 10 ways to enjoy a Simply Superb Super Bowl Sunday.

1. Pre-game Role Reversal. Encourage the guys to perform a pre-game cheer and let the girls huddle up to devise a play and act it out. Make it an annual Super Bowl ritual and

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elaborate on it every year.

2. **Battle of the Sexes.** Start a football pool for the girls. Have each woman take exactly the opposite position of one of the guys. And at the end of the day see who really knows more about football.
3. **MVP Awards.** Keep a look out for the MVP party goers. Keep secret voting ballots for the girls to pick:  
Worst Joke Worst Behavior Best Behaved Heisman Trophy  
Snack Winner Fewest Party Fouls Worst Party Fumble
4. **Open Up the NFL Shop.** Get the girls together before hand and add a little football fun to your wardrobe. Make 'NFL Champion' baby doll tees with nick names or code names. Buy flashy Super Bowl rings as party favors.
5. **Beer Blitz.** Have the kids on clean up patrol all day long. Give them trash bags and let them know that every empty can they collect is money in their pocket. You'll take them down to the 'Recycle Center' and turn the cans into cold hard cash. You might even match the money and then take them to a special spot so they can spend it!
6. **Toilet Penalties and Seat Fouls.** Every time the boys leave the seat up, girls get a 2 minute reprieve from the football talk. Feel free to bring up any non Super Bowl related topic for two whole minutes without being shushed!
7. **Football Fun Trivia.** Have a competition between the women and the kids at the party and see who is up on their football trivia. Send an email to [julie@shesite.com](mailto:julie@shesite.com) with the subject line "Super Bowl Trivia" for a silly Super Bowl Trivia link that everyone (including women and kids) can play. When you get it, you can print the email, make copies and pass them out at halftime. Then when half time is over, rip it up and use it for confetti!
8. **Ice Cube Interception.** Feel playful, flirtatious and let your guy know it. Toss a cube his way with a wink and a wave instead of shooting him long disapproving stares that could create conflict later.
9. **Get In The Game.** Learn a few buzz words, game principles or plays so you can get in to it. Get the quick tips Girl's

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Guide to Super Bowl Sunday at [www.shesite.com](http://www.shesite.com) with 10 of our favorite football phrases and 3 quick-witted questions so you can shoot the breeze and sound like a pro.

10. Footsie Fumble. Just in case the testosterone gets too thick. Have pedicure spa goodies on stand by and ask the girls to bring toe nail decals to trade and swap for a fun pedicure moment in the 4th quarter. WARNING: For party peace, this tip should only be used in case of an emergency. Retreat off to the side (or even another room completely) and never start it before halftime.

And if that doesn't get you excited, maybe you should plan an "Anti Super Bowl Party" after all. Forget the 10 tips and skip straight to the age old and totally reliable 'Anti Super Bowl Standby.'

Go shopping!

If you can get away with the girls, do it! Enjoy the ghost town you live in at its best!

You'll find that most places, activities and attractions are completely devoid of male human presence!

Try something new, go somewhere different or see something you've been hoping to for a long time. Plan a Super Bowl fun shopping day, lunch or visit to a museum.

For more simple happy fun essentials for every other day of the year, take a peek at [www.shesite.com](http://www.shesite.com). And, enjoy the game!

Julie Hunt is pure delight and motivation. She's a free flowing source of hope, energy and inspiration. She tells it like it is and lovingly gives simple, straight forward tips and advice so you can live happier days and obliterate the monotony of life. She is on a self propelled mission to scream, skip, run, jump, shout, dance and sing with women all around the universe who want live a vivacious life busting at the seams!

### **Super Bowl Sunday Is The Biggest Unofficial Holiday**

**By Kadence Buchanan**

In the 40 years since the first Super Bowl was played between Green Bay and Kansas City, Super

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Bowl Sunday has grown into an unofficial national holiday that has shopping and economic effects rivaling Christmas, Thanksgiving and other major official holidays. Whether it's a casual get together with a few friends or a lavish, catered party, 125 million Americans celebrated the Super Bowl in some fashion in 2006. Even those with little interest in football get in on the craze, if only to watch the commercials.

Understanding this unique opportunity, advertisers spare no expense to showcase their products and services during the Super Bowl. Advertisers paid up to \$2.5 million dollars for each 30 seconds of advertising during Super Bowl XL in 2006. Agencies work on their advertisements all year, and the Super Bowl has become the unofficial Academy Awards of advertising. There are almost as many websites and television programs analyzing the advertisements as there are analyzing the game.

The food and beverage industry also profits from Super Bowl Sunday. Super Bowl Sunday is second only to Thanksgiving in the amount of food that Americans prepare and consume. In the weeks leading up to Super Bowl XL, Americans spent \$55 million dollars on food for their Super Bowl parties and spent ten million hours preparing it. Since it is estimated that an average of 17 people attend each Super Bowl Party, these figures are not surprising.

The king of Super Bowl food is the avocado. More avocados are sold in the weeks leading up to the Super Bowl than at any other time of the year. It is estimated that 12 million pounds of avocados are purchased and turned into guacamole for Super Bowl parties. Since guacamole requires chips, 15,000 tons of chips are consumed as well. All that food needs washing down and soda and beer sales also top out during the weeks preceding the big game.

It's not just food and beverage manufacturers who profit. Millions of dollars are spent on party supplies like paper plates, cups and plastic cutlery. Electronics stores also benefit. After all, you need that big-screen TV in order to properly appreciate the game. Even sales of antacids spike on the Monday following Super Bowl Sunday. There's a good reason for that. The estimated total time that party-goers take to consume all that carefully prepared food: 15 minutes.

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