



FitUP Newsletter #1 out of 8...

Greeting Fellow Get Moving UP Participants!

If you have received this you are registered for the FitUP Program! It's also not too late to get your family members, neighbors, or fellow employees to sign up. Yes, there is a little bit of competition for prizes, but if we all get in better shape, we all win better health! There are no fees for the project this year! If you have participated in the past, you are familiar with the login on the FitUP page. You must complete that to be eligible for prizes and to receive this newsletter. (Of course if you're reading this, you have successfully completed this first step ☺)

This year the Wellness Council of the Upper Peninsula is pleased to partner with Blue Cross Blue Shield of Michigan's Walking Works web site. This is the button on the www.FitUP.org page labeled "Log into Walking Works". This tool will be your regular diary to "count up" your minutes of activity. **YOU WILL ONLY NEED TO LOGIN IN TO THE WALKING WORKS SITE TO RECORD YOUR DAILY MINUTES OF ACTIVITY.** Some people have experienced some difficulties with registering for Walking Works. For instance, I have found that I forgot the password in the Walking Works site. I got that corrected by having the correct password emailed to me. But still, the browser's automatic password function still lists the wrong password and I have to manually enter it each time I enter the site. Other problems occur when people have entered the Walking Works site. If you use Internet Explorer 8 version, you have to click on the "no" button when it asks if you want to view the webpage content that was delivered securely. If you hit the yes button, the site's login is way at the bottom of the page. Some people didn't scroll down far enough. This is a simple fix, just scroll down and complete the information – better yet, just say "no". When you register fill in the requested blanks after you click on the submit button: 1. Click on the Michigan BCBS program. 2. Click on the Upper Peninsula Fitness Challenge. 3. Click on the County that you either live in or work in. If you have found yourself in the wrong program, you can easily fix that by going into the "Edit Profile" button located at the top of your daily logging sheet in the Walking Works Program.

If you have any other troubles, please respond to this newsletter or contact me at gsedlacek@mqtcty.org.

The site has many tools such as a BMI calculator. It also converts your minutes of activity into "miles". You may notice that the Upper Peninsula is split up into 6

regions. The regions were picked to have similar population numbers. When you registered, you were “picked” to be part of one of these regions based on where you live or work. If you click on the “Where is your Group” button, you’ll be able to see which group is able to walk all the way to San Francisco first!. BCBSM has provided funding for the prizes this year! There will be 12 weekly winners with midpoint and grand prizes too! In addition, if each region meets a pre-determined goal, that region can win funding for a community fitness enhancement such as signs on a community fitness trail, or even benches for the trail.

The length of this “competition” is 8 weeks. So if you have a bad week, it’ll have very minimal overall effect. People who successfully complete each of the 8 weeks, not only have a great chance at winning weekly, midpoint, or grand cash prizes, they will also average a pound of weight loss a week (if you have that much to lose). The whole idea is to forget about the scale and just move 30 minutes a day, five or more days a to get into better shape. It also helps to use the “Wellness Journal”. For instance yesterday I noted that I began with 20 minutes walking to the gas station for milk at 6:30AM. Then 10 minutes snow shoveling at 7AM. (Had 30 before even leaving for work). Then after work, went to the YMCA for 30 minutes of stepper use. You can do the same noting different ski trails, indoor walking locations etc.

If you don’t have regular access to a computer or do not want to login everyday, use the Walking Works Log sheet that is located in the Walking Resources button at the top of the Walking Works page.

We ALWAYS get requests from people who forgot their login and/or password. Remember that you only have to register on the FitUP site once and no password is required for the FitUP site for this program. You will have to login every time to the Walking Works site to record your daily minutes of activity (some people have a paper log/calendar and enter the site once a week to record – the Walking Works site has.) If you forget your password on the Walking Works site, just click on the password button and it will be emailed to you.