



## **FitUP Newsletter #2 out of 8...**

The Walking Works page is having some difficulty today. BCBSM is working on it. I plan on doing the drawing for last week's program Tuesday afternoon. Of course this is dependent on getting the site back up running. There have been a few other issues. One worksite appears to have a filter that prevents employees from logging on. There's not too much we can do about that. It is possible to have other family members, friends, or coworkers who do have Internet access to add you. If your family member/co-worker does not have a real Internet address, you can list a "fake" one. In all cases, please email me with any problems you may have at <mailto:gsedlacek@mqtcty.org>.

There will be 12 winners from Week One! I will be picking two winners from each of our 6 regions who have at least 150 minutes recorded. Good luck.

While we have been getting lots of snow, the temperature has been pretty moderate for us. Lot's of complaining in Florida, but really, it's been great outdoor weather for us. If you're not into outdoor activities, go to the [www.FitUP.org](http://www.FitUP.org) site which lists indoor walking areas for several counties. If your county isn't listed, you can send me your locations and I'll get them on the site. I personally am a big fan of having a variety of activities. While I am an outdoor person, I occasionally find that for whatever reason, it's good to have that health club membership. I don't have the motivation/constitution for home indoor equipment but some of you do...use if available! Skiing works for me. If I ski a ½ hour out, I have no choice but to ski a ½ hour back! Having a dog helps too. A lab...not a poodle, although my neighbor lady has a toy poodle that doesn't seem to mind jumping over the small lumps of snow in the road.

I will be providing a full report on the project on Wednesday including our lucky winners. Prizes are provided by Blue Cross Blue Shield of Michigan and the Wellness Council of the Upper Peninsula.