



FitUP Newsletter #3 out of 8...

Dear Get Moving UP Participants.

The www.walkingworks.org site is now up and running. Please enter your daily minutes by tomorrow (Wednesday, January 20th) at noon. We will have the prize drawings tomorrow afternoon and will announce by Friday, January 22nd, the winners on the www.FitUP.org website. Good luck!

This really has been a great winter so far for outdoor activities. Not so cold that you can't get out without your nose freezing off, and not so warm that there isn't any snow. (How's the snow in the banana belt?) I've been seeing lots of winter events being promoted all over the UP. I just had a geocache event on Sunday. Well attended and people just loved going out into the woods to find treasures. Similar treasures are out there. You can go to www.geocache.com for information on getting involved with this family activity.

If you registered after Jan.9th, you probably will not be able to login to Walking Works. You will then need to re-enroll (sign-up) at www.walkingworks.com.

If you are still having difficulties logging in, please email me back <mailto:gsedlacek@mqctcy.org>.

Questions or Comments? Contact us at fitup@hline.org