



FitUP Newsletter #5 out of 8...

Greetings Get Moving UP Participants,

Wow, the first four weeks are history! The weather for the most part has been very supportive for outdoor activities. I hope that the program is working for you. Well over 800 people are now registered. The minutes are piling up and so are the miles. While we are counting minutes for prizes, the Walking Works program also converts your activities into miles. For example, I got in 74 miles for January (Peer pressure does work). The teams in the U.P. are doing equally as well. Marquette/Alger still leads the pack with 5,743 miles and an average of 38.55 miles per participant. Considering that there are some “drop-outs”, this is pretty phenomenal. As good as that is, the average per walking for Team Gogebic/Ontonagon has an average of 60.41...must be a lot of snowshoers.

Those of you who reside in the Copper Country will find your team moved to the Gogebic Ontonagon team. We only had 8 people registered in that area and the program managers (me) felt it wasn't fair to the other areas that have many times that number of participants. This really only impacts the weekly prizes. Everyone has a shot for the midterm drawing at week four and grand prize at week 8. The prizes which are sponsored by WELCUP and BCBSM are listed on the www.FitUP.org home page.

Winners are reminded to contact Kelly Rumpf, Executive Director of WELCUP at rumpf@hline.org for how to collect their winnings!

Week Four and the midpoint prize drawing of \$150 in cash as well as 6 regional winners of \$20 in cash and an additional winner of the Get Moving UP fleece pullover will be in ADDITION to our regular weekly 6 prize winners of \$10 in cash plus 6 pullovers!

You have until tomorrow at noon to post your minutes on the www.walkingworks.com website. Good luck!

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