



Greetings Get Moving Participants,

The program is coming to an end next week ... well just the competition part of it. Please feel free to keep recording your daily minutes on the BCBSM Walking Works site. The Wellness Council of the Upper Peninsula is beginning discussions for a Fall campaign. For the summer months, you're on your own.

As I was driving in to work this morning it seemed much lighter outside. While it was only 8 degrees outside, I still had "thoughts" about getting my bike ready for spring. I am planning to ride my bike to work much more this year. Personally, I lost 8 pounds since this program started. Peer pressure does work! Next week is Week 8, so be sure to get all your minutes of activity recorded. 8-8-8 ... sounds like a good lottery pick for the day.

I noticed on the walking works site, a few of you are still recording miles. You need to record minutes for this program. The computer program does convert the recorded minutes into miles, but it doesn't convert miles into minutes for those of you who have only recorded mileage. I am able to manually do it for the prize drawings.

On the <http://www.Fitup.org> an evaluation survey is provided. Here's the link:

<http://www.surveymonkey.com/s/7SRJXRP>

It's a quick one that will take less than a couple of minutes to complete. You don't have to put the computer login issues down as a negative. We understand fully how inconvenient that was and we are working to make sure that doesn't happen again for future programs. But we are very interested in any ideas that you have for future programs.

There are lots of winners for Week's 5 and 6! Please check out the prize winner lists on the FitUP site (<http://www.fitup.org/GM2010Winners.html>). All prize winners should email WELCUP Executive Director, Kelly Rumpf their addresses and clothing size if you won a Get Moving Jacket. (rumpf@hline.org)

A very interesting "National Health Ranking" by all counties in the US was recently released.

<http://www.countyhealthrankings.org>

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

Several counties in the Upper Peninsula rank very well! On the "negative", some interesting studies came out last week. One is very sad. Kids today are in front of a screen (TV or computer) on average 45 hours a week. In just one generation, we went from mom yelling at us to "come home when the street lights come on", to mom yelling at us to get out of the house and go play! That's has to change as the child obesity rate has tripled in that same generation time span. We are working on several programs similar to Get Moving for kids.

Thanks again to Blue Cross Blue Shield of Michigan and WELCUP for sponsoring our prizes. If your worksite is not a member of WELCUP, please consider joining. Membership application is also on the FitUP site. Thanks to Colleen Horn from the East end Team for the updates on where our regional teams stand:

1. Team Marquette Alger
9009.91 miles
60.47 average per participant

2. Team Chippewa Luce Mackinac
8328.68 miles
64.56 average per participant

3. Team Delta Menominee Schoolcraft
6459.00 miles
74.24 average per participant

4. Team Dickinson Iron
5264.95 miles
72.12 average per participant

5. Team Gogebic Ontonagon Keweenaw Baraga Houghton
5853.59 miles
89.19 average per participant

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