



Greetings Get Moving Participants,

What a great 8 weeks we had weather-wise. Plenty of snow, very few below zero days and even some sun. Over 48,000 miles "equivalents" were walked by participants recording minutes of activity. You Yoopers walked almost twice around the world in just 8 weeks! We had a total of 875 registrants. The 8 week goal for everyone was 1,200 minutes of activity recorded. A total of 225 of you made that and entered our grand prize drawing. We had 100 winners over the course of the program. Even if you didn't win a prize, you're all winners!

I'd like to thank the Wellness Council of the Upper Peninsula and Blue Cross Blue Shield of Michigan for their support of the prizes. Please check out the prize winner list at www.FitUP.org/GM2010Winners.html. If your name is on there, you need to contact Kelly Rumpf, Executive Director of WELCUP at rumpf@hline.org. You need to let her know your jacket size if that's the prize you won, and/or your address if you won a cash prize. Then ... Please contact our WELCUP Board members by email. They will notify you how to pick up your prizes.

For example, all Marquette County winners will meet at the Superior Dome on Wednesday, March 24 at noon. Blue Cross Blue Shield of Michigan will take a group photo with all the winners! The other areas will have similar photo opportunities as well as a location to pick up prizes.

Here's a list of the WELCUP Board members:

- Marquette County: George Sedlacek gsedlacek@mqctcy.org
- Alger County: Mary Jo Vaughn mjvaughnmmh@yahoo.com
- Gogebic/Ontonagon: Geneva Smiles Geneva.Smiles@gvhs.org
- Mackinac/Luce/Chippewa: Colleen Horn chorn@mshosp.org
- Delta/Menominee/Schoolcraft: Lanna Scannell
Lanna.M.Scannell@osfhealthcare.org
- Dickinson/Iron: Kelly Rumpf rumpf@hline.org
- Houghton/Keweenaw/Baraga: Crystal Holzeberger
cholzeberger@aspiruskeweenaw.org

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

The regions did very well. Marquette/Alger was followed closely by their East end counterparts with both areas over 10,000 miles, with their groups both walking across the country twice!

# Team Name	Total Miles	Avg/Walker
1 Team Gogebic Ontonagon	6,261.02	125.22
2 Team Dickinson Iron	7,051.60	95.29
3 Team Delta Menominee Schoolcraft	7,818.37	89.87
4 Team Chippewa Luce Mackinac	10,109.43	78.37
5 Team Marquette Alger	10,908.74	73.21
6 Team Keweenaw Baraga Houghton	949.89	49.99

Our survey results are interesting. 86% of you are women ... probably another reason why men die before women. Most are "middle age" like me, 41 - 60. It probably reflects that a lot of our worksites have employees in that age category. We also seem to be the ones more interested in "extending" our lifespans. :-)

The best news is that 93% of you indicated that your energy level has increased as a result of the program. With winter typically being cold and grey, that helps get rid of the blues. Another 96% indicate that they'll keep on moving by being active on a regular basis. It's also nice that 54% of you indicated a weight loss. Typically, most Americans gain a pound or two during winter months. Finally, 100% indicated that they would participate again if offered! That speaks volumes to me that people who completed all 8 weeks, felt it very helpful.

WELCUP and BCBSM are exploring an opportunity to do a Get Moving program this Fall! We will only have the walkingworks.com website, so that'll help avoid some registration confusion that we experienced. I hope that you enjoyed the program. If your worksite has not yet become a member of WELCUP, please consider. A membership application is available [here](#).

Have a great spring and summer!

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