



Registration begins Dec. 10



## A WELCUP Physical Activity Incentive Program

### For Area Worksites (and Residents)

**Get Moving U.P. is a free worksite and community physical activity incentive program for everyone. WELCUP (Wellness Council of the Upper Peninsula) members and non-members are welcome to participate!**

**One of the biggest concerns of business today is the escalating cost of health insurance.** Get Moving U.P. hopes to create a healthier workforce by improving employee health – resulting in less lost time, lower stress levels, increased productivity and lower employee out-of-pocket health expenses. Community members can benefit too, as statistics prove that more than 2/3's of us need to get more active...

Starting January 3, 2010, WELCUP and Blue Cross Blue Shield of Michigan will be offering the ninth annual "Get Moving U.P. Community Challenge." Over an 8-week period, participants will learn how to incorporate more moderate and/or vigorous activity into their daily routine. Everyone must reach a minimal goal of 30 minutes on at least 5 days per week. New this year is the "community challenge" component.

**Grand Prize Winner: ALL individuals who log 1,200 minutes of exercise over the 8 week contest will be entered into the grand prize drawing for \$300.**

**Mid-Event Winner: ALL individuals who have logged 600 minutes of exercise in the first 4 weeks will be eligible for a drawing to win \$150 cash!**

**Go to [www.fitUP.org](http://www.fitUP.org) for program details and to register!** Registration will open December 10, 2009, and will continue until the start of the program.