



A WELCUP PHYSICAL ACTIVITY INCENTIVE PROGRAM

For Area Worksites (and Residents)

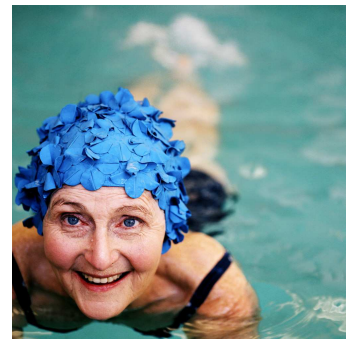
Get Moving U.P. is a free worksite and community physical activity incentive program for everyone. WELCUP (Wellness Council of the Upper Peninsula) members and non-members are welcome to participate!

One of the biggest concerns of business today is the escalating cost of health insurance. Granted, there won't be a solution to the nation wide problem overnight, but there are actions we can take today to start creating a healthier workforce and a healthier community. Get Moving U.P. hopes to improve employee health through increasing activity – 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. This is where communities will have a chance to win “community prizes” such as a new park bench, a bike rack, signage, etc. as long as individuals from across all parts of the U.P. meet the minimum exercise requirements. In addition, participants who reach their personal activity goals are eligible to win the following prizes . . .

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!



In addition, participants will be eligible to win weekly cash incentives and fleece pullovers as well throughout the duration of the program.

Go to www.fitUP.org for program details and to register!

Registration will open December 1st, 2009 and will continue until the start of the program.

Please contact the Website Administrator for your region with any questions:

Baraga/Keweenaw/Houghton: Crystal Holzberger (cholzberger@aspiruskeweenaw.org)

Gogebic/Ontonagon: Geneva Smiles (Geneva.smiles@gvhs.org)

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Luce/Chippewa/Mackinac: Colleen Horn (chorn@mshosp.org)

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IN-HOUSE INCENTIVE IDEAS TO MOTIVATE EMPLOYEES

- Recognize all those employees who enter “Get Moving U.P.” in an employee newsletter or post in an employee break area.
- Update progress weekly on company designed “Get Moving U.P.” map in highly visible location.
- Challenge Teams to come up with team names. Post team names and recognize for *most creative team name, most motivational team name, most interesting team name, most talked about team name, or most mysterious team name.*
- Attach some type of sticker to employee nametags for all those who start “Get Moving U.P.” Add a sticker for each stage they complete, or each week they log minutes. Stickers could be colored dots (office stores) or fun stickers usually found in any store that sells greeting cards.
- Enter names into drawing to leave work one hour early on a Friday afternoon at each completion of each stage.
- Award vouchers to have an extended lunch hour, come into work 15 minutes late, or leave work 15 minutes early for those who complete each stage, or log 150 or more minutes each week.
- Purchase two \$5.00 gift certificates from a local theatre – enter names into drawing for those who complete each stage. Better yet, contact local theatre to see if they will donate some free passes!
- Bowling alley passes or restaurant gift certificates – same as theatre idea above.
- Visit your local sports or department store and purchase (or ask for donation) low cost items such as sports water bottles, sweat towels, visors, baseball caps, gym socks, funky shoelaces, or other low cost items. Put names into drawing for each stage.
- Casual Fridays- for those employees who complete each stage, or log 150 minutes per week, celebrate by allowing staff to wear jeans (or favorite sweat shirt, t-shirt, baseball cap) or other casual attire on designated Fridays.
- Make up certificates of completion that are proudly displayed in employee break room for all those that complete each stage. Seek out a creative employee who can personalize and make these meaningful and fun.
- Visit your local grocery store and purchase some healthy snacks-- granola bars, raisins, fruit, and award to those who complete each stage. (Boxes of Macaroni & Cheese are very popular with college student employees).
- Award “Get Moving U.P. Bucks” for each 30 minutes of activity an employee logs. Collect a variety of items (t-shirts, water bottles, gym bags, gift certificates for recreation or dining) to auction off during a brown bag lunch at the end of each stage.
- Have employees enter their most creative and unusual ways to “Get Moving” -- you may need to put some guidelines on this one, but you could have a lot of fun posting what people are doing to get active. This will also serve to get ideas to others on the endless possibilities out there!
- Enter names in drawing for special parking spot for 1 week.
- For workplaces that enjoy flowers, award one carnation or rose for each stage employees complete.
- Collect some motivational verses or quotes, copy on card stock paper and/or laminate and award to those who either log 150 minutes a week or complete each stage. Inspirational and encouraging words can do a lot to keep people moving! There are some 1” x 3” cards for about \$1.00/each at cards stores that are great too.
- Become a WELCUP member. Annual WELCUP membership is \$50 for employers with 2-100 employees, \$100 for employers with more than 100 employees.