



FitUP Newsletter #1 out of 32...

Greetings Fellow FitUP Participants!

If you have received this you are registered for the FitUP Program and have chosen to receive email updates on the program! It's also not too late to get your family members, neighbors, or fellow employees to sign up. Yes, there is a little bit of competition for prizes, but if we all get in better shape, we all win better health! There are no fees for the project this year!

So far, 930 people have registered from over 70 organizations. Starting Monday, January 7, you will be able to record your minutes of activity as well as fruit and vegetable consumption. If you smoke, you can earn bonus points each week you don't have a puff at all during the week (No, you can't start smoking and then quit ☺) There are also bonus point opportunities by making at least two health club visits each week (we know that if you're there, you're not a couch potato). Several events have also been registered with FitUP and participation in those events will earn you bonus points too. If you don't already belong to a club or rec center, check out the coupon list. There are some great opportunities to try out a Fitness Center or Recreational opportunity. We will be adding additional coupons to the list during the campaign. The list of coupons is available from the "Activity Manager" under the "Links of Interest" section. Look for the link named "Partner Benefit Coupons".

Also, I have received some questions about needing bonus points. Bonus points are not required. You can reach the minimum 200 points just through increasing either of your minutes of activity and/or fruit/veggie consumption. For example, just increasing your activity level from 30 minutes a day to 35 minutes 5 times a week will get you 175 minutes of activity. This with the 25 fruit/veggie for the week equals the 200 you'll need.

Some of you do not have regular Internet access. The easiest thing to do is to print off the "paper log" sheet and record your daily totals on that. Then at the end of the week, record your weekly total on a computer with Internet access. You might consider doing this at work, a friend's house or at the Public Library. We won't be doing the drawing until the Thursday after each week's log. The winners will be announced in each week's newsletter.

By the way, this paper log is available by pointing your Internet browser at: <http://www.fitup.org/PDF/UPOMLogSheetCombined.pdf>. Instructions on how to record your results are available on the paper log sheet. On the back side of the log sheet is a great fruit and vegetable serving size chart too. This chart was provided to the project by the U.P. Diabetes Outreach Network. It'll take just a short time to learn what a serving size is, then all you have to do is eat that small bag of carrots instead of a twinkie, and voila, 400 less calories right there and 1 vegetable serving to record. By the way, to burn off the calories in one twinkie,



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you'd have to swim 35 minutes! The same information is on the "electronic" or website version of the log sheet. Just click on the "Log Sheet HELP" link on the log sheet page.

The length of this "competition" is 8 months. So if you have a bad week, it'll have very minimal overall effect. People who successfully complete each of the 32 weeks, not only have a great chance at winning weekly, stage, or grand cash prizes, they will also average a pound of weight loss a week (if you have that much to lose). The whole idea is to forget about the scale and just move 30 minutes a day, five or more days a week along with increasing your fruit/vegetable consumption to gradually get into better shape.

The first two months of Stage One take place during the coldest part of the year. That's great because cross country skiing and snowshoeing are the best calorie burning activities around. If you're not a cold lover, then Fitness Centers are a great alternative. The FitUP site also has lists of free indoor walking locations. Check out the Activity Guides for each participating county from the "Activity Manager" under the section "Links of Interest", select "UP County Activity Guides".

If you know of other locations, please email me back (gshedlacek@mqctcty.org) and I'll get them listed. The whole idea behind this site is for all of us to help each other to reduce the barriers to good health and fitness. Please take the time to visit the coupon sponsors/events!

People have used this site to form their own worksite teams to spice it up a bit. The easiest way to do this is to assign each group a team captain, and then the Captain just collects the weekly log sheet of her/his teammates. Some worksites are having their own prizes. I'm on a team that is taking on a team from UPDON. The losing team buys lunch! Be creative. Let me know what you come up with during this project, and I'll post the ideas. Also, we will post any "activity" picture you email for the Home Page. (Well most activities anyway)

We always get requests from people who forgot their login and/or password. It's best to use something you won't forget like the first initial of your first name followed by your last name. For example, for user "Bill Ding", the username would be "bding". For a password you could use the name of your organization. If you do forget, email the webmaster...sorry Greg. We will be doing a special question/answer section as people have questions.

If you have any questions at all or are having problems with the website, contact our webmaster, Greg. His button is located on the bottom of the www.FitUP.org page. Thanks Greg!