

## FitUP Newsletter #10

Greetings FitUP Participants...

We're in the final week of Stage #1. Congratulations to those of you that are "sticking to it"! Hopefully you're noticing results from your hard work both in the way you look and the way you feel. Healthy habits do make a difference!

For those of you that perhaps fell a little short of your goals in Stage #1, the start of Stage #2 is kind of like starting up the New Year. Approach it with that same anticipation of improvement and resolve that you feel on New Year's Eve. Sit back and take a look at the reasons Stage #1 didn't pan out and try again. It really is a fresh start!

With the end of Stage #1 here are a few things to remember:

- First and foremost, you will need at least 1,600 total points scored for Stage #1 to be in the running for one of two \$160 cash prizes courtesy of the Wellness Council. After all, as much as it's about living a healthy lifestyle, we're trying to win some cash, too!
- After finishing entering your points for Week #8 you will have to close out Stage #1 on your on line log sheet. A "Close Stage" button will show up on the bottom of your FitUP Activity Log Sheet page today (Friday). Pressing this button will both close out Stage #1 and enable entry in Stage #2. Remember, once a Stage is closed out you can no longer enter activity for that Stage! More information can be found under the "Log Help" link located at the top of the Activity Log Sheet page.

Here's a tip to "top your meals" in a healthy way:

- Top your salad or pasta with green or red pepper strips, broccoli florets, carrot slices, or cucumber for an added tasty crunch.
- Baby carrots, shredded cabbage, or spinach leaves bring color to a green salad. Apple chunks, pineapple and raisins perk up coleslaw, chicken or tuna salads.
- Oranges, grapefruit, or nectarine slices add extra flavor to any salad.
- Fruit juice, flavored vinegars, or herbs make low-fat salad dressings flavorful without adding fat or salt.

Here are the four winners for Week #7:

Joan Jorgensen from Eastern Upper Peninsula Intermediate Schools  
Laura Lucas from Delta County  
Deborah Dowd from Gogebic-Ontonagon Head Start  
Will Andresen from Iron County Employee Wellness

As always, we welcome your ideas and comments to make the program better suit your needs!

