

FitUP Newsletter #11

Greetings FitUP Participant:

This newsletter is a little lengthy...but you'll have to read it all as it'll also have somewhere in it the weekly and stage prize winners.

For Stage 1 Participants: Please complete the 32 second FitUP Stage 1 survey. Click here to access the survey. It will also be found at <http://www.fitup.org>. It's right on the home page - just look for "Please Take Our Stage 1 Survey" link.

We had 12 work sites complete the Designing Healthy Environments at Work survey drawing. They are Iron County Health Dept, Northern Michigan University, Marquette Board of Light and Power, Dr Lawson Clinic, UP North Lodge, Munising Memorial Hospital, Marquette County Health Dept, Bell Financial Service, Mackinac Straights Hospital, Dickinson County Healthcare System, Dickinson Iron ISD and UPCAP Services. The winner of 6 FitUP Jackets is Munising Memorial Hospital.

Stage one is history. We had 452 people qualify for one of two Stage One Prizes of \$160 contributed by the Wellness Council of the Upper Peninsula. They "earned" at least 1,600 points over the past eight weeks. About 30% of the participants qualified. As I mentioned before, this is typical for any behavior change program. There are many reasons why people find it hard to get in at least 30 minutes of exercise a day. For example, I missed yesterday as I went to a Regional Basketball game in Escanaba. I could have easily worked in 3 ten minute walks sometime during the day... even at halftime, but didn't. I don't like how that big goose egg looks on my daily log sheet, which reminds me not to do it again. That "butt" the TV6 and radio ads talk about is mine. (Hasn't gotten near small enough yet). One of the weekly prize winners is: James Susorney from Marquette.

The Fruit/Veggie increase hasn't been as hard as I thought. I picked up a good deal at the Holiday Gas station (3 bananas for a buck). I haven't used my Marquette Food Coop coupon yet even though I get my dark chocolate fix there.

Some FitUP issues that have come up:

(1) Some of you might have noticed in last week's newsletter mailing that you had no points listed. This is a unique situation for those of you that set up more than one account on FitUP using the same email address. When we send out our newsletter we try to avoid duplicate sends to the same email address. In doing this the email is sent out to the first account created. This is probably not your active account and is probably "empty". Unfortunately you never got the email for your active account in this case. As long as you show points on the log page for your active account, you've got points. Another weekly prize winner is: Tara Lassila from Portage Health in Hancock.

(2) People new to FitUP might encounter a slight delay in being able to access Stage 2 after enrolling. The "Close Stage" button at the bottom of the page for Stage 1 won't appear

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immediately after enrolling, but should be available within 24 hrs of enrolling. We're working on a better fix for our new enrollees!

(3) What constitutes an "Event": You can earn bonus points for community events that are fitness or nutrition related. Community walks such as the recently held "Walk for Warmth" in Manistique or the Take a Child to the Trail Day in Marquette, races, "geocache" events are what some of you have done. A community nutrition class could qualify as well.

(4) Newsletter Editor: I write the newsletter as one of you! I have a lot of knowledge on this stuff, but have the same issues of motivation, willingness to change, and time excuses. I do try to be "scientific" about these issues. If you do have an issue with the contents, let me know. I especially like to get "good news" of what works for you and your organization so I can pass that along. For example, the Mackinac Island Public School is having their students log as part of the physical education class requirement. The FitUP program is generating some national interest. I received a notice from the National Association of Counties (NACo) who wanted us to add our program to their database of county policies and programs that promote healthy living and childhood obesity prevention. Our third weekly prize winner is: Sandy Thompson from the Inter Tribal Council in Chippewa County.

(5) "Daily Tip Button": You may notice that the "tips" are on the site for more than one day. I get them from area health and fitness professionals, just not every day. I do try to get them up as soon as I get them.

(6) Use of Pedometers: Pedometers are a great "tool" to help you keep track of walking. The idea is that you begin to park at the furthest parking spot available at work or shopping, get up from the desk and walk during breaks, or walking the dog more at night. The only problem with them is that they seem to fall in the toilet a lot, at least mine did. You can count 10,000 steps as worth 60 minutes of activity; 8,000 as 45 minutes and 5,000 as 30 minutes. (The average person takes 2,500 steps during a sedentary day.) The last weekly winner of Stage 1 is: Vicki Ballas from Munising High School.

Try to sign up family members to FitUP! It'll help you meet your goal!

Oh, I forgot, the Stage 1 winners for the \$160 are: Maria Johns, from the Dickinson Iron ISD and Shaun Puzio from Marquette. Congrats to all who made it to the 1600 point level!

It's a nice sunny day, so hit the trails!

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