

FitUP Newsletter #12

Greetings FitUP Participant:

Stage 2 Week one winners are Meg Pachmayer from Houghton, Erica Rouser from Portage Health, Thyra Karlstrom from Dickinson County and Bonnie Hurkmans from the Forsyth Senior Center. They all win \$20 courtesy of the Wellness Council of the Upper Peninsula.

Welcome to all of the new FitUP participants who have joined Stage 2. The rules are the same, you need 200 points per week to qualify for the weekly cash prize (at least 150 exercise minutes, 25 fruit/veggie servings and 25 points that can come from bonus points or extra fitness or fruit/veggie points. As a new enrollee in the program please be sure that you are entering your times in the Stage 2 log sheet. If you haven't closed out Stage 1 and are entering your times there you won't be in the drawing for Stage 2 prizes.

March is a great month to get/stay active! It's light out to near 8PM (EST :-)) Skiing or snowshoeing is fast in the AM, and slower in the PM due to the water moisture in the snow freezing or thawing. The groomed trails are less crowded (that's bad from my point of view) at this time of year.

There are lots of community walks and biking events that are being planned. The UP Roadrunners Association also has lots of running events across the UP! Now is the perfect time to commit to a run and begin getting in shape to complete it. This newsletter will try to keep up with all the events. As you hear of them in your area, please email me at gsedlacek@mqctcy.org.

Still got my three bananas this morning from Holiday Gas for a buck. Let me know of your favorite deals. Also, please email photos of your group doing fitness activities! Several are now up on the site. Good luck this week meeting your fitness and nutrition goals!

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