

FitUP Newsletter #14

Greeting FitUP Participants:

Wow, the end of March is here along with the halfway point of Stage 2 of FitUP. I apologize for being late with last week's newsletter. I was laid low by a nasty cold. I was able to keep my point total for the week, but wonder if the exercise ultimately did me in. The most common advise is it's ok to continue exercise if your symptoms are above your neck, i.e. head cold. You should take a day or so off if it's in your chest. I had both symptoms. Anyway, I had to take more than a couple of days off. The point of the story...if you have to miss making your points, don't sweat it. You'll have plenty of opportunities to get back in the saddle.

Speaking of saddles...I just read an interesting article on weight gain. There is an actual profession called, "moveologists". What these folks do is teach people how to increase their NEAT principal...non-exercise activity thermogenesis. That is, how many calories people burn in a day beyond their physical exercise. People who are able to eat more calories and yet remain thinner, seem to have a higher number. It's a pretty simple concept. People who are obese move 1 ½ hours less per day than lean people, about 350 calories a day. The biggest problem is that most of us now sit more than stand during the day. If you watch TV, you burn only about 5 calories an hour above your resting metabolic rate (the rate you burn energy at rest). After 4 hours a night of that, what do you have, 20 extra calories. Moveologists promote things like treadmills with TV's on them (my local "Y" has them) They even promote walking workstations or desks that require standing. Standing at a workstation burns more calories than sitting. The bottom line is always look for chances to move more. So...for the next newsletter, get up and read it :)

The weekly winners of Stage 2 week three are:

- Brenda Mattson from AMCAB in Marquette
- Marissa Milliron from Bay Mills Indian Community
- Marcia Frantti from Keweenaw Memorial Medical Center
- Tim Snow from Portage Health

Congratulations to our winners!

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