

FitUP Newsletter #15

Greetings FitUP Participants:

I have been requested to not talk about the weather anymore, so I won't.

I have reviewed the survey from Stage one participants. Thank you to all who responded. One person asked where their Stage One total went to. You can find that number in the Activity Manager under quick links, "Stage Status Report".

It is apparent that the program does provide some good motivation to get out the door, even when your body is screaming to stay in the easy chair. Most of you have stated that the prizes, while helpful, are not the main reason to "stick with it". That's good to know as the Wellness Council has run out of money - just kidding.

It does get harder to log your points as time goes on. Most of you are now in a pretty good routine. So it's easier to remember what you did or ate if you don't record every day. Those of you who still find it hard to get into that routine, I still advise keeping your log daily, even if it's just on a sheet posted on your refrigerator door. There are a lot of studies that prove that this daily log system works to "remind" one to get off the chair and out the door.

I am seeing lots of ads on TV for Health Clubs. Having a personal fitness trainer is good for those who can afford. It's kind of like having to report to a boss to get your paycheck. You can do the same with an exercise buddy. Of course you don't get the same expertise even if your buddy claims to know it all.

The running/walk season begins later this month. I had to laugh when I saw the Downwind Sport news clip on their "bike to work" contest. It appeared on April Fool's Day - ok, no comment on the storm. But really, it isn't a bad time to get that bike tune-up. I'll see if I can get a coupon for that service posted. There are coupons for reduced rates for walking/running events.

The winners this week are:

- Ellen Weingarten from Northern Initiatives in Marquette
- Cathy Lepage from Bell Hospital in Ishpeming
- Lynn Hill from Public Health, Delta & Menominee County
- Sara Rushford from the Marquette County area

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