

## FitUP Newsletter #16

Greetings FitUP Participants:

TV6 had a news story recently on the benefits of spring skiing. That's all I'll say about it.

I consider this a tweener season as far as outside activity goes. You never know what you're going to get. And it does make it hard on those of us who like to tag along with our dog. It's muddy in the woods, sidewalks etc. Dog's love it, whoever cleans the house, doesn't. What you can do is to go to an indoor health rec center and get your 30 minutes of aerobics in. Then take your dog for a 30 minute walk on dry pavement.

I've noticed a lot of fitness type clubs and programs "springing" up. Maybe it has to do with swimsuit season approaching. Try a new sport such as Tae Kwon-Do (coupon available in Marquette) or any other martial arts program. There are bike clubs in several areas. This Sunday at the Marquette Commons, beginning at 1PM the KMK Bike Club is sponsoring a membership drive. This club provides free "unorganized" outings to get people together along with more organized bike racing event. I'm not aware of other groups in the UP. If you know of any, please let me know and I'll get it posted.

As I mentioned in the last newsletter, I will be contacting sporting good/bike shops UP-wide to get coupons posted for things like Bike Tune Ups, or a percent off a purchase. These will be posted by the end of the month.

On the nutrition front, I've noticed that "seeds" are now out in many stores. Begin planning to have a garden this year to grow your own. The Cooperative Extension agencies in the Peninsula have excellent guides on what'll work for your type of soil. Most of the information is free. Give them a call. I had good luck last year with hanging tomato plants. This works for those without a lot of space.

After next week, there will be only two weeks left to Stage two. Be sure to get your points totaled. The winners for Stage 2, Week 5 are:

- Christina Wisti from Portage Health in Houghton County
- JoAnn Bigelow from Mackinac Straits Hospital in Mackinac County
- Dana Fitze of Range Bank in Marquette County
- Geri Minard from Helen Newberry Joy Hospital in Luce County

Questions or Comments? Contact us at [fitup@hline.org](mailto:fitup@hline.org)