

FitUP Newsletter #17

Greetings FitUP Participants;

There are just two weeks left in Stage 2. The Activity Manager in www.FitUP.org has a nice chart that shows how worksites/organizations are doing in Stage 2. So far in this stage over 632,000 minutes of activity have been completed with nearly 60,000 fruit/veggie servings consumed! That's the good news. The bad is that we had 19 organizations drop out. Now, sure that makes it more likely that you'll win a prize, but really hurts the intent of the program which is to help people get and stay active and eat more...fruits/vegs. It's tough keeping a daily "diary" but those of you who are sticking with it, know it sure helps. I'm no different. Yesterday I had meetings till 8PM. The last thing I wanted to do was go for a walk. Between knowing that I have a 30 minute goal each day and the dog's sad eyes, I got in gear and out the door, walked to the Holiday and bought a gallon of milk. It works! By the way, please send me your "tips". I'd like to post either on the tip of the day or an upcoming newsletter. Keep the photos coming too. When this program is over, I like to have a power point made. It's always better seeing smiling faces than boring stats.

We have some interesting competitions taking place. I noticed that the Lake Superior Community Partnership has split their points into two groups. Group #2 has taken a slight lead. As far as Health Care Facilities go, the Copper Country Hospitals are well into the lead with Portage Health having 60,000 points and the Keweenaw Memorial Medical Center having 40,000. Among our Native American friends, the Sault tribe is well in front of their Keweenaw Bay counterparts. Little Mackinac Island school is putting up some not so little numbers leading the school category. The Marquette County Health Department leads the rest of Marquette County employees by 1,000 points; the slackers.

The point of this is, competition is good! Stage 3 is coming up and it's a perfect time to encourage fellow employees and family members to sign up if they haven't and get moving if they have a lot of zeros on their log sheet! Each organization can make it more interesting by having their own competitions! How about Bell Memorial taking on the Dickinson County Health Care System! Only a few points separate you two. You have a couple of weeks to build up your participation. Think about having your own incentives in addition to our two \$160 stage prizes! Also, post the current prize list. It's impressive to see who has won so far. This list grows every week. Make sure you're eligible to be added to the prize list!

We're working on a summer activity list. Those of you who know of events in your area, please pass them on to the webmaster. Thanks!

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