

## FitUP Newsletter #18

Greetings FitUP Participants;

We are in the last week of Stage #2, the halfway point for this year's FitUP program. If you find that you need some extra event points, take in the Marquette YMCA run/walk event on Saturday. 1,600 points gets you into the Stage Prize Drawing of \$160! Make sure all your points are logged in by next Thursday.

With the end of Stage #2 there are a few things to remember:

- First and foremost, you will need at least 1,600 total points scored for Stage #2 to be in the running for one of two \$160 cash prizes courtesy of the Wellness Council. After all, as much as it's about living a healthy lifestyle, we're trying to win some cash, too!
- After finishing entering your points for Week #8 you will have to close out Stage #2 on your on line log sheet. A "Close Stage" button is on the bottom of your FitUP Activity Log Sheet page. Pressing this button will both close out Stage #2 and enable entry in Stage #3. Make sure you've updated your times prior to pressing the "Close Stage" button.
- Remember, once a Stage is closed out you can no longer enter activity for that Stage! More information can be found under the "Log Help" link located at the top of the Activity Log Sheet page.

Stage #3 officially begins the "summer sports" season. There are quite a few walking, running, biking, triathlons and swimming events. The Upper Peninsula Diabetes Outreach Network also sponsors a nice leisurely...2.5 mile swim across Teal Lake in July. May has Employee Health and Fitness Day and Bike to Work week. More on all these events next week. If you find yourself having trouble sticking with your fitness plan...get a dog (The Humane Society can make some great recommendations on walking pets)...or an exercise friend. Both will help you meet your goals.

This week I was at an Emergency Preparedness Conference for four days. It reminds me that it's important to plan for activity when away from home. Actually, I find it easier. If you take a plane out of the UP, almost always you get the dreaded two or three hour layover, a great opportunity to people watch as you're walking...or you get the mad dash across that tarmac. Either way, it's good for a lot of points. At the conference, I made sure that I used most of the breaks for outside walks. I found it pretty easy to get in 60 minutes. At this conference, they didn't have a lot of fruits for breakouts, more donut type stuff (maybe due to the audience which had lots of military/law enforcement). So you may have to go out of your way to get your fruits/veggies.

One thing I noticed is that in a city, people get out of the office and walk to nearby places to eat. Not all of us can do that, but if you can, use the opportunity to get away. It's not only important to get in your 10 to 30 minute walk, but also for stress

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management. A lot of places even have a one mile walk path marked. A fifteen minute pace (4 MPH) is a good goal to shoot for. Aim for a corner market and pick up an apple for the walk back.

The weekly winners are:

- Jean Melching from the Schoolcraft County area
- Bonnie Oshe from Gladstone Area Schools in Delta County
- Brian Larson from Northern Michigan University in Marquette County
- Shiloh Fitzgibbon from the Alger County area

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