

FitUP Newsletter #19

Greetings FitUP Participants:

Stage 2 is now history. We had over 400 out of 1,600 participate. With over 1,600 registrants, that's a 25% success rate. That's pretty much a gold standard for behavior change programs. For example, a lot of time and effort went into having physicians ASK their clients if they smoke. The success rate of just a doctor asking, has a 5% success rate in helping people quit. If we got a 5% score in school, our parents would take away our Jimmy Jet (my favorite toy). After 16 weeks of keeping a dairy for physical activity and eating fruits, it should almost be second nature by now. (Should be...I still have some difficulty in getting my five fruits/veggies in every day.) I have almost 100% each week getting at least 30 minutes in. The flu did me in but other than that, pretty good showing.

If you have dropped out, drop back in! We're beginning Stage 3. It has the same cash prize as Stage 2, \$160! We have just posted some new summer county activity guides. Thanks to Angela (Portage View Hospital) in Houghton, Geneva (Grandview Health System) in Ironwood, Carol (Lake Superior Community Partnership) in Marquette, Cheryl (War Memorial) in the Sault, and Colleen (Mackinac Straits Hospital) in St Ignace who have helped get these put together! I'm still working with the Upper Peninsula Mountain Bike Association in getting some great bike coupons! These should be up by next week. In the meantime, revisit some of the existing coupons and use them. Most are still good to use.

There's a great opportunity to do a free community walk sponsored by the Marquette Access To Care Coalition. The walk begins at 9am at the Marquette Commons and FREE umbrella's will be distributed. Unfortunately it looks like they may be needed. But what a great "gift" just for walking! I have also posted a weeklong Bike To Work Campaign that will take place in Marquette County beginning May 12th. If you live in another county, feel free to copy the info and start your own company program. That week is designated commuter week too. So save some gas and take the bus...or ride your bike. Even if you live 20 miles away, you can drive to a parking lot and then bike the last 10 miles. If you did that for five days, it'd save you \$17 in gas for the week!!! If you're cheap like me, that's worth the effort.

The two winners of \$160 Stage 2 prize are:

- Lynda Janovsky from Portage Health in Houghton County
- Juliana Maki from the Marquette BLP in Marquette County

Our 4 weekly prize winner are:

- Nancy Brewster from the Chippewa County Health Department
- Joyce Mathews from the Baraga County area
- Barbara Gregg from Team Woamp in Chippewa County
- Pam Benuska from Bell Memorial Hospital in Marquette County

To date the Wellness Council of the Upper Peninsula has awarded nearly \$2,000 to 68 people! You can be next!

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