



FitUP Newsletter #2 out of 32...

Greetings Participants! Last week was a very busy one. We have 83 organizations and 1,190 participants! There have been some very good questions that have come up. We have been able to address them all so far. If at anytime you have a question, please email the webmaster. Greg can be reached by clicking the button at the bottom of the www.FitUP.org webpage.

1. We noticed that the original log sheets were off by one day. Calendar challenged, I guess! They are now fixed. If you or anyone you know are using the paperlogs, please replace them with the corrected versions that are now on the site. The paper logs for all four stages of the FitUP promotion are available in the list of documents from the following link:
<http://www.fitup.org/UPOMCoordPack.html>

2. The instructions for how to complete the Internet Log Sheets are up at the top of the log page or directly from the following link:
<http://www.fitup.org/PDF/FitUPLogsheetHelp.pdf>

It's pretty easy to do each day; it just takes a few seconds! I recommend setting a goal of at least 30 minutes of activity a day. I have found that I am able to get that in no matter how many evening meetings I have. Fitting exercise into a busy schedule isn't easy. Without this program, I know that it would be very easy to "bag-it".

3. There is now a "**Tip of the Day**" section on the home page. These Daily Tips will also be collected in a one place on the website for your reference. Just look for the "**Daily Fit Tips**" link under the "Quick Links" section of the "Activity Manager".

4. We are working to collect community fitness opportunities for all counties. Several are up already and we hope to get the rest up by the end of the month. In Marquette County the **Shoe-on-anon** and the **Upstride Down** Events this year have been cancelled. We are still holding the **GeoCache** event this Sunday in Negaunee behind the Senior Center on Tobin Street beginning at noon. There is no cost to participate and several prizes will be awarded including a \$100 Gift Card from Wal-Mart and a excellent pedometer from MC Sports. Email me back at gsedlacek@mqtcty.org if you'd like more info.

5. If you haven't yet joined a workplace or organization, consider doing so. If your work place or organization told you about the program to begin with you should join up with them. Many organizations are offering internal incentives above and beyond those being offered on the FitUP website! Joining a work place or organization is easy. Simply log in at www.fitup.org. Select the "**Join a Workplace or Organization**" link from the "User Account Activities" section of the "Activity Manager". If you are not part of a workplace of organization, simply select "**#NO GROUP**" from the list.

6. Remember to log week one's points on the Internet page by noon this Thursday to qualify for the Weekly Prize Drawing. (Minimum of 200 points needed) We'll announce four winners on the website this Friday.