

FitUP Newsletter #20

Greetings FitUP Participants.

I hope that week one of stage 3 went well for you. At the Marquette Access To Care Walk on Saturday, one of the participants says that although she is active everyday, she's having difficulty in recording on the daily log sheet. I have to admit, I find myself "scrambling" to get it done sometimes. While the "point" of this project isn't necessarily to record your results daily, it does help serve as a reminder to get active daily and eat more fruits and vegetables. The number of people who are able to do this is remarkable. People who are successful report that they find that multiple types of activities seem to work best.

For example, they have identified an indoor location to walk such as a school when weather is bad, they may have joined a health club with friends for social interaction, or they may have set a goal to participate in an upcoming fitness event. This last one is being done by two families in Marquette who are participating in a Marquette General Hospital and Mining Journal news series on how to get more active.

Along these lines is next week's Bike to Work Week. Ride your bike to work at least once and you will qualify for the "Event Bonus" points. Even if you live 50 miles from work, you can still bike to work. How? By putting your bike on car rack and parking in a public lot about 5 to 10 miles from work. Have your work clothes brought in advance to the office or place in a backpack. If you ride your bike 5 miles each way (10 miles in a day) you'll save \$10.00 in gas for the week! Plus get in 40 minutes of activity each day if you ride your bike at a 15 MPH rate. Plus burn 700 calories a day! Information on this event is located in the activity guide section. You don't have to live in Marquette County to participate! Speaking of events, look in the updated County Activity Guides. Every community has many upcoming events.

Congratulations to the first winner's of the Wellness Council of the Upper Peninsula funded weekly winners:

- Cathy Lepage from Bell Hospital in Baraga County
- Susan OConnell from Keweenaw Memorial Medical Center in Houghton County
- Wanda Osborn from Bay Mills Indian Community in Chippewa County
- Marsha Mitchell from the Chippewa County Health Department in Chippewa County

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