

FitUP Newsletter #22

Greetings FitUP Participants.

I received the following email from a winner in last week's drawing. I think it's a great letter which explains best how I hoped this program would help people make some lifelong behavior changes.

"I read this morning that I am a WINNER!!! How exciting :-)! So, what did I win??? I have also begun to bike to work the days I do not have to use my car to go anywhere either during or after work.

The interesting thing about this whole process is this:

Although changes have come frustratingly slow, the changes I started almost two years ago now, have become habits. I can not imagine not running 5 days out of 7. I can not imagine not going out with 'Jiff', my running partner, every Saturday and Sunday for our long running adventures.

It will be two years ago this August, when I became disgusted with the weight I had put on and my overall health began to show danger signs (My blood pressure had been climbing steadily the previous five years, my cholesterol and triglycerides had also been increasing) and my risk for developing diabetes and/or heart disease is high given my immediate family history and my own pregnancies.

It took me 15 months to lose 15 pounds - I have been holding 'steady'/plateau, but I really want/need to lose at least 5 more pounds. BUT, my blood pressure has been stable and normal (down from a high of 155/95 to 112/70), my cholesterol and triglycerides have all dropped to normal levels. My body measurements have also come down.

I may need to work a wee bit harder than the average person to lose the weight and keep it off - but I can tell that my motivation to remain free of heart disease and diabetes is VERY high.

I can also share that it has helped to have a work environment that is not only supportive but pro-active in encouraging healthy life styles and changes and your honesty in the weekly newsletters has been good. This is not an easy thing to do - i.e. change our habits that have taken a life time to develop."

I'm sure that this story could have been written by a lot of us (well, maybe not the winning part). Our environment makes it difficult to be fit and stay fit! Most of us have to make a conscience decision to be active everyday, or it just doesn't happen.

Any other "success" stories out there? I am hoping to post information on the Walk Michigan sites next week. A trip for two to Mackinac Island sounds like a pretty good incentive to stick with an physical activity plan.

Here are the prize winners for this week:

Sandra Longtine from the Marquette County area
Renee Hilliker from Tourville West Health Club in Marquette County
Cheryl Andrews from Northern Michigan University in Marquette County
Anne Tikkanen from Portage Health in Baraga County

Congratulations to our winners!

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