

FitUP Newsletter #23

Greetings FitUP Participants.

It's time to draw the winners for week four of the third stage of the program. I see we have a pretty good number of people that are sticking with the program. I'm guessing that most of this group has seen a genuine benefit by participating. I'm also guessing that most of this group will continue with the steps they've taken towards healthy living after the FitUP program draws to a close. Count me in that group.

While most people acknowledge how important exercise and physical activity are, few are regularly active enough to receive significant health benefits. Estimates suggest that 40% of the American population is considered sedentary, while less than 20% are enough to achieve any cardiovascular benefit. Worse yet, the dropout rates for those who do begin an exercise program generally reach 50% or more by the end of the first six months.

Staying motivated to "stick with it" can be a real challenge. It's helpful to think of this motivational process as dynamic. Different strategies are needed for different stages of your exercise program. Here are some practical tips that you might find helpful:

- It's a whole lot easier to start doing something tomorrow than it is to start doing it today. "Tomorrow" is so convenient simply because if we don't want it to happen, there's always "tomorrow". Make your tomorrow today.
- Be realistic and build on success. Start with small attainable goals that lead to larger goals. Being realistic will keep you from becoming frustrated later.
- Set well defined goals and reward yourself for reaching them.
- Remember that many people have done what you're doing and have been successful. You're not breaking new ground here. They did it and so can you - feel inspired by their success and be proud of your achievements.
- It's not a bad idea to keep a journal. Logging your activity and fruits/vegetables serves as a journal of sort, but perhaps you'd like a little more detail on your progress. A journal will help you see how far you've progressed and evaluate what works and what doesn't.
- Keep your exercise interesting. As you become comfortable with your exercise routine, add new exercises and activities into your program. This will help keep you from becoming bored with your routine.
- This one is big. Try not to focus on what you are giving up. Focus on new options that you'll have after you become more fit.
- Don't make exercise just another item on your to-do list. Try to look at it as something you look forward to, not something you have to do.
- Know your limits and stay within your means. Fatigue, insomnia, irritability, and elevated resting heart rate are all signs of overdoing it.

This weeks winners are:

- Joyce Steen from Mackinac Straits Hospital in Chippewa County
- Janice Murray from Bay Mills Indian Community in Chippewa County
- Bonnie Oshe from Gladstone Area Schools in Delta County
- Roberta Jackson from Gogebic-Ontonagon Head Start in Gogebic County

Congratulations to our winners!

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