

## FitUP Newsletter #24

Greetings FitUP Participants:

Stage Three is winding down! Be sure to get your points logged in for the Stage Prize. The Wellness Council of the Upper Peninsula will be awarding two \$160 Stage prizes.

Speaking of prizes, Blue Cross and Blue Shield of Michigan and the Michigan Recreation and Parks Association sponsor the "Walk Michigan" program.

All participants in Employer and/or Community walks have a chance to win a trip sponsored by BCBSM and the Michigan Recreation and Park Association. The trip is to walk "the Mighty Mac" Mackinac Bridge on Labor Day weekend. This 4 day 3 night trip, August 29-September 1, 2008, is great for people of all ages. Accommodations are also made for non-bridge walking companions. Included is a 3 night stay at Mission Point Resort on beautiful Mackinac Island, boat transportation to and from the island, free admission to Fort Mackinac, 2 breakfasts, 1 dinner, the magnificent Grand Hotel luncheon buffet, transportation directly to the front of the line for the bridge walk, and a private buffet brunch at Audie's Restaurant following the bridge walk.

The employees at Mackinac Straits Hospital completed the first of the Employer walks! Yesterday, the employees at the Marquette Board of Light and Power completed their walk and the County/City employees in Marquette will do theirs.

So if your company sponsors a walk at your worksite and you participate in at least one additional community walk, then you'll have at least two chances to win. Not to mention 50 bonus points for each event for [www.FitUP.org](http://www.FitUP.org)

To date this is what I have for scheduled community walks:

- June 25th - Houghton County: Portage Health Employee Walk
- July 15, 9am - Community at our Lake Effect League, meets at Portage Health front entrance
- July 16, 6pm - Community at our Lake Effect League, meets at the Fitness Connection

For more information on the above listed community walks contact Angela Lucas, Director of Community Health, Portage Health, (906) 483-1153.

The following listings are for Marquette County

July 4, 2008 City of Ishpeming: This Walk Michigan event will be held during the City of Ishpeming's 4th of July Festival in the Al Quaal Recreation area anytime from noon to 4 PM. The walk is along a designated two mile path through the recreation area.

July 5, 2008 City of Marquette: This Walk Michigan event will be held during the International Food Festival in Marquette's Lower Harbor. The walk will begin at the Festival and will be a two mile walk along Marquette's Bike Path. The walk is scheduled anytime between noon and 4PM.

## FitUP Newsletter #24

July 6, 2008 City of Negaunee: This Walk Michigan event will be held during Negaunee's Old Towne Festival location behind the Negaunee Senior Citizen Center on Tobin/Jackson Street. This event will also be a geocache event with prize treasures to be found along a one mile path in the old towne area. This pathway follows the Iron Ore Heritage trail which has several historical mines to view. The event begins with a geocache instruction at noon. The actual walk begins at 1:30PM.

July 25, 2008 City of Marquette: This Walk Michigan Event will be held in downtown Marquette as part of the Marquette Blueberry Festival! A city map highlighting a tour around the Downtown area (one mile+) will be available. Registration for the walk is between noon and 6PM.

July 26, 2008 City of Marquette: This Walk Michigan Event will begin at Picnic Rocks along Lake Superior. It will be held as part of the "Outback Art Show". The walk begins at the Outback Art Show and continues down Marquette's Bike Path for three miles and ends at the famous "Art on the Rocks Art Festival. Walkers can catch a free Marq-Tran bus back to the Lakeview arena parking lot. Registration for the walk is from noon to 2PM.

I will list more dates as they come available.

The winners this week are:

- Mary Bunker from Bay Mills Indian Community in Chippewa County
- Sharon Junttila from Portage Health in Houghton County
- Miki Eklund from Gogebic-Ontonagon Head Start in Iron County
- Bob Sejbl from the Gogebic County area

Congratulations to our winners!

Questions or Comments? Contact us at [fitup@hline.org](mailto:fitup@hline.org)