

FitUP Newsletter #25

Greetings FitUP Participants!

Wow, the last week of Stage 3 is next week! Remember to record your minutes of activity to get in the Wellness Council of the Upper Peninsula drawing for \$160! There will be two winners plus the normal four weekly prize winners. This week only 126 people qualified for the weekly drawing while more than 300 are still participating (1,655 registered). That makes your odds pretty darn good for winning the Stage prize. Remember...only one stage to go before we award our grand prize of \$640!

For more motivation, attend one of the free Walk Michigan events. There are more than 10 scheduled across the Peninsula. Enter all 10 to have 10 chances to win a weekend for two on Mackinac Island! Events are posted on the www.FitUP.org website. Here's a sample of the walks in St. Ignace promoted by Colleen Horn from Mackinac Straits Hospital on July 15th and 16th: "This Walk Michigan event will start at the Chamber of Commerce building in downtown St. Ignace across from the north Star Line dock. The walk will take us across the street at the start of the board walk. As you stroll along the historical board walk you will be able to view magnificent Moran Bay. The boardwalk has many scenic and historical sites along the way. The newest edition is the navigational lighthouse at the end of Wawatam Lighthouse pier. On the walk back you have the option to cross the street and browse through the stores, stop for ice cream, specialty fudge or chocolates, and visit of Fort DeBuade Museum (entry fee), or visit the Museum of Ojibwa Culture (entry fee). This is a 1 mile walk. Registration is from 5:30 p.m. to 6:00 p.m. Participants will receive a gift bag with information of the St. Ignace area and coupons from various local businesses. Participants are also eligible to be in the drawing for the Labor Day weekend vacation package to Mackinac Island." Sounds like a road trip is in order to St Ignace. Thanks. Colleen.

If your worksite is interested in sponsoring a walk, email us back (gsedlacek@mqctcty.org) and we'll get you setup. It's real easy to do.

There are lots of fitness events for the summer. I just signed up for the Teal Lake Swim sponsored by the UP Diabetes Outreach Network. It's been 20 years since I swam a mile and this is 2.3 miles! I'm going to count that as 100 bonus points which I can since I make up the rules. There are bike events, plenty of running/walking events in all areas of our Peninsula.

Prize winners for last week are:

- Nancy Bradbury from LSCP in Marquette County
- Colleen Horn from Mackinac Straits Hospital in Mackinac County
- Norma Spann from Range Bank in Marquette County
- Kathy Gischia from Northern Michigan University in Marquette County

Congratulations to our winners!

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