

FitUP Newsletter #26

Greetings FitUP Participants!

Stage 3 is about over! Just a couple things to remember with the end of the stage. First, don't forget to record your minutes of activity to qualify for the \$160 stage prizes. A special thanks to the Wellness Council of the Upper Peninsula for providing these special incentives! Also, don't forget to "close out" Stage 3 after you have completed all of your week 8 entries. Closing Stage 3 out is the only way to move to the Stage 4 log sheet. If you need help on this, go to <http://www.fitup.org/PDF/FitUPLogsheetsHelp.pdf>.

This week we drew the 4 winners for Week 7 of Stage 3. 147 people qualified for the weekly drawing while more than 300 people are still participating. Congratulations to our winners for this week:

- Julie Stenger from Keweenaw Memorial Medical Center in Houghton County
- Clem Kawetschanky from DIISD
- Mary Rajala from LAnse Area Schools in Baraga County
- Lori Schultz from Public Health Delta/Menominee in Delta County

Okay, so we've gone through 24 weeks of "watching" our behaviors by logging our activity and eating habits. Hopefully you've seen some improvements as the weeks have gone by and have found the program to be beneficial. Regardless, you're still with the program and by now have made these healthy practices part of your normal day.

Guess that makes you a veteran! With your elevated "veteran" status comes some responsibility, however. No need to freak out ... it's simple. Just spread the word. Share your experience with family, friends and coworkers. Get some other people on the bandwagon by helping them to get motivated and stay motivated. Who knows, they might turn around and help you to stay motivated a year or two from now!

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