

FitUP Newsletter #27

Greetings FitUP Participants!

What a great week for outdoor activities for our first week of Stage 4! This is the final stage. There are about 300 people still in the running for our Grand Prize of \$640 provided by the Wellness Council of the Upper Peninsula. We've whittled away the chaff! Congratulations to those who have made the change or maintained at least 30 minutes of activity, five or more days a week. Some of you are really going way beyond that. I've heard from people who have run in the Green Bay Marathon and Grandma's Marathon in Duluth to recognizing participants in the recent Bike races in Marquette. There are lots of run, bike, and walk events coming up in July and August. Many communities have a walk/run scheduled over the 4th of July Holiday. Sign up!

I have an error to correct. In the last newsletter I had the wrong dates for the St. Ignace walks. They will take place on July 15th and the 22nd. Plenty of time to get bonus points to insure that you reach your final goal of 6,400 minutes of activity!

Be sure to take some walking vacations this summer. Lots of minutes for that. I finally stopped at the Tahquamenon Falls and walked the trails there. It seemed that I was always in a hurry and never took the time to enjoy that great view. There is absolutely no better stress reliever than walking in our great Peninsula. People who have to drive 6 or 7 hours to get up here know that but we who are privileged to live here often take it for granted. Stay home this summer and visit all the places that you've meant to, and walk the trails!

Since we are announcing the two Stage 3 winners of \$160 along with the four weekly winners, I need to thank the Wellness Council of the Upper Peninsula and their Board again for their support of this project. To date \$1,440 dollars have been awarded. Be sure to get your minutes counted. I've been seeing a lot of Farmer's Markets beginning their sales. Summer is a great time to load up on the fruit and veggies too!

Okay, enough of the gab - here are our winners:

Stage 3 Grand Prize Winners (\$160 cash award)

- Mary Jane Bernier from Bay Mills Indian Community in Chippewa County
- Karena Bublitz from Marquette County

Stage 3 Weekly Winners - Week 8 (\$20 cash award)

- Kelly Dore from Northern Michigan University in Marquette County
- Virginia LaFountain from DIISD in Iron County
- Cassandra Rietveld from Dickinson County
- Tracy Miller from Dickinson County

Congratulations to our winners!

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