

FitUP Newsletter #28

Greetings FitUP Participants!

This Holiday period is a great time to up your fruits and veggies! The watermelon is a great low cal treat. Also, try making your own fruit parfaits! Use low or no fat yogurt, add strawberries and blueberries (not quite ready locally yet but they are if you're traveling downstate) in alternate levels. Top with crushed almonds. Leave the skins on your potatoes if you're making your own potato salad for extra fiber. Grilling? Try shiskabobbing your vegetables! Alternate with chicken and shrimp on the skewer. What a treat! If you're traveling, make your own individual fruit/veggie snack bags! Keep in a small cooler to keep refresh. If you find that your car automatically steers towards a fast food place, stick to the salads and if you have to, order one of the small burgers off the \$1 menu.

Here's a good weight loss tip. Figure out how much time you spend eating and then be sure to get an equal amount of time being active! There are many fitness events this coming up weekend. Sign up for a community run or walk!

It's now light out until at least 10PM. So plenty of time to get activity in. There are a lot of reasons why TV shows are reruns in the summer! Don't catch yourself missing out on our short summers by spending it indoors! Get out!!

Congrats to the following weekly winners:

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- Elizabethe Gilreath from Portage Health in Houghton County
- Judy Green from the Forsyth Senior Center in Marquette County
- Carol Paynter from Grand View Health System in Gogebic County
- David Borrett from the Forsyth Senior Center in Marquette County

Congratulations to our winners!

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