

FitUP Newsletter #29

Greetings FitUP Participants!

The 4th of July seems to have turned into a fitness bash. Lot's of running/walking events! One of the events in Negaunee was a geocache event. It was fun to see experienced geocache folks working with newbie's. This activity has turned into a family sport. It seems that young people can pick up how a GPS unit works to find hidden caches (treasures) easier than their parents. This Sunday there will be a Geocache event at the Straits State Park in St. Ignace from 10AM to 2PM. For more info on that and several upcoming Walk Michigan Events, visit the Activity Guides and the Walk Michigan "button" located on the www.FitUP.org web site. If your worksite is interested in having a Walk Michigan event, please email us back (gshedlacek@mqctcy.org). All walks have to be completed by July 28th in order to be eligible for that great weekend for two on Mackinac Island. I wonder how many calories are on the lunch table at the Grand Hotel!

Speaking of calories, I just read an interesting theory on weight loss diets. The main point was that you can eat anything you want as long as it doesn't have a label attached to it! They don't mean the little stickers you see on apples that tell you what kind it is. Johnny Appleseed would be amazed at all the different kinds of apples there are out there. There are lots of people on the FitUP program who seem to be able to get the minimum amount of fitness minutes in, but are still struggling to get the 25 fruit or vegetable servings. Remember to keep them visually "handy" ...on the counter or on the desk at work.

Stage four is quickly approaching the half way point. Be sure to get your points recorded! The winners from last week (Stage 4, Week 2) are:

Donald Brunner from Freedom Eagles Consulting in Chippewa County
Matthew Shaw from the Forsyth Senior Center in Marquette County
Sue Rowe from the Keweenaw Medical Center in Houghton County
Robin Belonga from the Mackinac Straits Hospital in Mackinac County

Congratulations to our winners!

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