



## FitUP Newsletter #3 out of 32...

FitUP.org  
Promoting Healthy Lifestyles

### Greetings FitUP Participants! Prize winners announced for week one...

We have nearly 90 worksites with over 1,300 people registered on the [www.fitup.org](http://www.fitup.org) site. The FitUP site has a listing of organizations along with their first weeks points recorded. You can access this by going to the "Activity Manager" and clicking on "FitUP Weekly Report" under the "Quick Links" section, or just click here:

<http://www.fitup.org/PDF/UPOMWeek1Summary.pdf>

Remember that it is not a requirement that your points get logged daily. (I do find it more motivating to try to do it daily...if I miss a day, my goal is at least 60 for the next day) Points must be entered within a few days of the end of each week to qualify for the prize drawing. The weekly prize is \$20 and there will be four "winners". The Stage Prize is awarded for those who earn at least 1,600 points. The prize is \$160 awarded by drawing. If you signed on late and missed the first week, that's OK...you just have to put in some extra minutes/fruits/veggies. Prizes are provided by the Wellness Council of the Upper Peninsula. If your worksite has not joined, please consider. We are offering this program free, but in order to keep doing similar programs, we need your support. Membership applications are under the WELCUP button on the home page.

A question came up: Do the minutes have to come at the same time of day or can you total up all of your activity? The simple answer is that you can total up all of your minutes. For example if you walk for 10 minutes on morning break, then do 10 minutes at lunch time, and then another 10 in the afternoon, you can record 30 minutes total for the day. Those of us who want to lose weight have to do at least 45 minutes per session and preferably 60 minutes. The first 20 minutes of activity you are using the body's available glucose (carbohydrate) first. After 20 minutes you begin to use the body's store of fat! Anything under ten minutes at a time will not count in this program.

Another person asked if shoveling snow qualifies? Yes it does, I have the blisters on my hands to prove it! Just be sure to count the time you are actually doing the exercise. And again, it has to be at least ten minutes.

We will be listing all of the questions people have during this project under a "FAQ" page in the Activity Manager section. As always, if you have a question, please e-mail the webmaster whose button is located at the bottom of the home page.

A new feature is the Tip of the Day. We will have experts from across the UP provide tips and answers to your questions in this section. The Tips can be found



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on the home page. They will be collected and posted in the Activity Manager.

Please try out the coupons/events. We will be adding more as local providers of fitness and nutrition services find out about the program and will want to encourage your patronage!

We have replaced the paper log sheets. There was a calendar date error. These have been fixed. Some worksites are having employees enter their points on a paper log. The office staff then enters their points for them. A weeks worth of points can be entered in less 30 seconds. We have some tips on how to easily do this on one computer using one password. Ask if you'd like instructions ([gsedlacek@mqtcty.org](mailto:gsedlacek@mqtcty.org)).

It'll be cold this weekend. If you're outside, be safe and dress appropriately. Hiking in the woods is preferable to hiking out in the open. It's the wind-chill that'll get you. Those of you in Marquette County, 50 bonus points are yours if you attend the Geocache event in Old Towne Negaunee. Speaking of bonus points, we will accept events that are posted on the county resources page. If your county is not listed and there is an event in your area, please e-mail me back ([gsedlacek@mqtcty.org](mailto:gsedlacek@mqtcty.org)) with name of the event , date and time, and I'll get it listed! We will be adding coupons and events throughout this project. I have also had some questions about why regular attendance at a health club is worth 30 bonus points a week. The primary reason is that for people who are sedentary, they are much more likely to have success if they have some professional assistance as well as the fellowship of others. There's coupons for Tae Kwon Do which is a lifelong sport, as well as for Curves, YMCA, and several other Health Clubs. This program presents a great opportunity to try these out free or at very low cost! Now this isn't for everyone and home fitness equipment is great too. While you don't get bonus points pedaling that bike in the basement, you will get an extra 20 points or so spending time on the bike instead of driving to a Rec Center near you. So in the end, it balances out. Also, MC Sports in Marquette has a great 20% off coupon for fitness equipment!

If you have photos of your organization doing some group activities, please e-mail me a copy ([gsedlacek@mqtcty.org](mailto:gsedlacek@mqtcty.org)) and I will get them posted. In the past we even had a dog on a treadmill. Another worksite sent me a photo of their "Moovin" costume from Jilbert's Dairy. The bottom line is to have fun with this program. It's yours!

Oh, I almost forgot. The four winners for earning over 200 points in week one are:

Jeanne Walston from Grand View Health System  
Vicky Kirby from North Central Area Schools  
Rise Thew Forrester from the Marquette area  
Geneva Smiles from Grand View Health System



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The check from the Wellness Council will be in the mail! The rest of you, remember that you still have 31 more chances! Be sure to get your 200 points this week.

Questions or Comments? Contact us at [fitup@hline.org](mailto:fitup@hline.org).