

FitUP Newsletter #30

Dear FitUP Participants.

I want to highlight a new study that was reported in the past week on weight loss. In the study, people were encouraged to eat a low-fat diet with fruits and vegetables, were primarily asked to keep a food diary. The results were phenomenal. People able to do this task lost on average, 20 pounds over the 6 months. This was twice as much weight or more than those who didn't keep a tally of their meals!

It shouldn't be too surprising to those of us who are keeping track of our activity and fruit and vegetable intake. When you have to record what you eat on a log, do you really want to see that second piece of chocolate cake on it. A lot of our eating patterns are pretty "mindless." We grab a cookie (or more likely a half dozen of them) when we're not hungry, or order food at a restaurant based on quantity and not quality. We can get into some pretty destructive eating patterns without thinking about it. I find it was the same thing with activity. I've been able to step up my activity level daily, as well as fruit and vegetable intake. The peer pressure of having a blank week score was just too much.

One recent problem has been the rise in prices for fruits/veggies. Why is it that the healthiest food is also the priciest! Hopefully, that'll come down as our local food crops come on line. Strawberries from Trenary anyone?

I have a challenge for you. We're in the last stage! Give it your best shot. Step up the activity level and have a main meal a day be just fruits and veggies! I estimate that we're down to slightly less than 300 people with a realistic shot at the Wellness Council of the Upper Peninsula grand prize of \$640! It could be you!!

Congratulations to this week's prize winners:

- Peter Jonas from Alger County
- Joe Ackerman from Alger County
- Holly Pavloski from Marquette County
- Mary Joe Rindy from Mackinac Straits Hospital in Mackinac County

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