

FitUP Newsletter #31

Dear FitUP Participants.

Greetings FitUP Participants. Less than three weeks left. January seems like a long time ago. Hopefully the program is helpful. Don from the Sault sent this note to Kelly Rumpf, Executive Director of the Wellness Council of the Upper Peninsula:

"My wife and I are really finding the program a great way to make us think about our activity and dietary habits. For me, it isn't so much the activity as eating a lot more fruits and vegetables. I have lost about 10 pounds since January 1st. Is this a program that may continue if funding is present? It doesn't make a difference to me if there are monetary prizes or not, just having the activity manager to go in and document points is enough for me".

Thanks Don. The Wellness Council is meeting in September to plan next year's program. We'll also be doing an evaluation of this program. We'll ask all the participants for their feedback.

This weekend is the Teal Lake Swim, a fund raiser for the UP Diabetes Outreach Network. This is a 2.5 mile swim. I challenged myself to do what I write about...so I signed up. My first day in the water was June 18. I made it about 200 yards and quit! I couldn't figure out what went wrong since I made it in 1999 with no problem. Well I'll tell you what, 10 years, 30+ pounds, and not doing any long distance swimming was why. As I said in the beginning, you have to set a goal. Since I couldn't quit as I opened my big mouth, I have spent 29 out of the past 36 days in the water. It was very slow improvements but in the past week I have made 1.2 miles each day with little problem. (Except Sunday which had 20 MPH winds and 2 foot waves...if you saw that indoor pool commercial about swimming in place...that was me)

I can tell you that there would have been no way that I'd be in the shape I'm in a little over one month after setting that goal.

The last two Walk Michigan events take place Friday in Marquette (Blueberry Festival) and Saturday at the Arts Festivals. If you're in the area, get your last entries in for the Trip for Two to Mackinac Island!

Take a look at the weekly FitUP report in the activity manager in the www.FitUP.org site. It'll show that Portage Health System is in the lead with 48,000 points! Several workplaces are within striking distance.

Congrats to the following winners of \$20 prizes from the Wellness Council of the Upper Peninsula:

- Judith Mattila from Bell Hospital in Marquette County
- Colleen Creech from Marquette-Alger RESA in Marquette County
- Michele Danielson from Portage Health in Houghton County
- Jim Rahoi from the Marquette County Health Department in Marquette County

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