

## FitUP Newsletter #32

Greetings FitUP Participants!

August ... the home stretch. I read an interesting article that makes a lot of sense. It reported on research that demonstrated that where you live can determine how overweight you are. Since the 1960's we have built neighborhoods away from where we work, do business, shop, play etc! People who live in walkable communities are "naturally" in better shape. They walk or bike to school, stores, church, work, and play. Take a look at this website to determine your home's walkability:

[www.walkscore.com](http://www.walkscore.com)

My street address scored a low 48 out of 100. Not a big surprise. There is a grocery store within 1/2 mile so I need to make more trips on foot! I'm planning to get rid of the freezer in order to quit buying stuff in bulk. (I'll sell it cheap). It's kind of funny that I drive 1.5 miles to go to the YMCA for a workout. I need to stop that too. The bike will get me there almost as fast. Take an inventory of your surroundings.

Another Internet article reported on the adage, "An apple a day keeps the doctor away". Studies have proven grandmother right!

The winners of the Mackinac Island Trip for two sponsored by BCBSM and MRPA are Margaret in Marquette and Sara in Ironwood. Over 850 people participated in one or more of the organized community walks. Thank you to all organizations who helped sponsor a walk: Portage Health, Grandview Health, Mackinac Straits Hospital, Schoolcraft Memorial Hospital, Marquette County Health Department, Dickinson Iron District Health Department, and the Upper Peninsula Diabetes Outreach Network, plus several worksites (NewPage in Escanaba had over 125 employees do a walk).

This weeks winners of four \$20 prizes are:

- Sally Wilson from Northern Michigan University in Marquette County
- Donald Brunner from Freedom Eagles Consulting and Research in Chippewa County
- Lorelee Dankert from the Sault Tribe Health Center
- Tonya LaFave from UPCAP Services, Inc in Menominee County

Congratulations to our winners!

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