

FitUP Newsletter #33

Greetings FitUP Participants!

This week is the last week of FitUP 2008. It seems like a long time ago we started the program with some nasty weather. We had 1,642 people register for the program. We are down to around 300 people who will qualify for the Wellness Council of the U.P. grand prize of \$640.

We'll have our survey posted on www.fitup.org. WELCUP will be planning for 2009 Wellness Incentive program. If your business hasn't become a member yet, please join.

The newsletter is short today as I am "off" working at the Negaunee Lions Club Pasta Feed for the Ore to Shore race. I don't know how many points it's worth standing and boiling spaghetti for 6 hours, but I really respect the work food servers do all year long. Think about that the next time you leave a tip.

The winners this week are:

- Barb Davis from Mackinac Straits Hospital in Mackinac County
- Tracy Lektzian from UPCAP Services in Delta County
- Laura Lucas from Delta County
- Cookie Maki from Marquette-Alger RESA in Marquette County

Congratulations to our winners!

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