

## FitUP Newsletter #34

Greetings FitUP Participants!

LAST WEEK! Be sure to log your points on [www.fitup.org](http://www.fitup.org).

There is a one-minute FitUP survey that we need you to complete, even if you are no longer a participant. At the end of the survey there is a section in which I would greatly appreciate hearing how this program has helped or not helped you increase both your fitness and nutrition levels. Also, if you have ideas on how to improve the program, list those also. The Wellness Council of the Upper Peninsula will be using the results to plan for a better program next year. Click here to go to the survey:

How many of you are enjoying the Olympics in "Prime Time". Prime Time for who... people in California? These athletes are amazing. At some point, human physiology will prevent such increases in records. The knowledge of how to run or swim faster (training) is as good as it is going to get. (That was probably said after Mark Spitz's records at the '76 Olympics) The point is that every FitUP participant can do better...if they want to. If you're walking 30 minutes a day three days a week, shoot for five!

Be sure to visit a local Farmer's market. The produce is prime time now (except for my tomato plants). Spending dollars on locally produced produce helps our economy and your health!

Good luck with our final drawing next week. Be sure to get all your points in by Wednesday, August 20th. The prize winners of Week 31 are:

- Melissa Matson from Sault Tribe Health Center in Mackinac County
- Al Feldhauser from Marquette County
- Nannette Harris from Cable Constructors in Dickinson County
- Miki Eklund from Gogebic-Ontonagon Head Start in Iron County

Congratulations to our winners!

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