

FitUP Newsletter #35

Greetings FitUP Participants!

Well, it was quite a ride! We had a total of 1,642 people register for the www.FitUP.org program. A total of 252 people made it to the end of the project (15%). I know that sounds like a low percentage, but actually for a program of this length, it's pretty good. These lifestyle behavior change activities take a lot of effort to make them permanent. I suspect that some people made changes but simply got tired of recording results daily. I have heard from a few of you that this recording was what worked for you to stick with being active most days of the week and increasing the fruits and vegetables. By the way, Farmer's Markets are great this time of the year.

I would like to thank the Wellness Council of the Upper Peninsula for being the prize sponsors this year. If your worksite isn't a member yet, please have them consider joining up. Information on WELCUP is located at the top of the FitUP Home Page. There will be a meeting on September 12th at the Al Quaal Recreation area in which WELCUP will discuss next years FitUP program. Contact Kelly Rumpf, WELCUP Director at (906) 779-7234 if interested in attending. The program begins at 10:30AM with a Mountain Bike Ride followed by the luncheon meeting.

Also, thanks have to go out to our Webmaster, Greg! Without his expertise, this program wouldn't be possible.

Please complete our end of program Evaluation Survey. The direct link (URL) for those of you viewing this as text email is:
(http://www.surveymonkey.com/s.aspx?sm=BDHJyZIU0HnyyKCTnPvYDg_3d_3d)

This will help us to determine the success of the program as well as provide ideas for next year's WELCUP/FitUP program.

We have a lot of winners to report. I know some of you were wondering if it was necessary to "close out" Stage 4 to qualify for the prize drawings. The short answer is, no. The "close out" process used in Stages 1-3 was only necessary to progress to the next stage of FitUP, so don't worry, your name was in the hat without closing out Stage 4. On to the winners!

Our final weekly prize winners (\$20 each) are:

- Josie Gustafson from Helen Newberry Joy Hospital in Mackinac County
- Kimberly Klarich from DIISD in Dickinson County
- Michelle Borrett from the Forsyth Senior Center
- Susan Soltys from the Chippewa County area

Our Stage #4 prize winners (\$160 each) are:

- Karen Salo from the Marquette County area
- Elmer Rinehart from the Marquette County Sheriffs Dept in Marquette County

The GRAND PRIZE winner of \$640 (6,400 points earned) is Deborah Leonard from Iron County Employee Wellness in Gogebic County.

Congratulations to our winners! Thank you all for participating and Keep On Moving!

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