



## FitUP Newsletter #4 out of 32...

### Greetings FitUP Participants!

Prize winners for Week Two will be announced in this newsletter.

We are well into Week Three. Are you getting into a good “routine”? It hasn’t been all that easy with outdoor activities during this cold spell. Congratulations to Melinda Torres and Tricia Snider for braving the subzero temperatures during the recent GeoCache event held in Old Towne Negaunee. They both received 50 bonus points, not to mention event prizes! (Their photo is on the home page). Any community event can count towards bonus points. They do not have to be listed on our page or have a coupon. You just have to let me know of the event if you “claim” it on your log sheet if it isn’t a posted event.

It seems quite a few people have yet to register as part of a work place or organization. Joining is easy to do. After logging into [www.fitup.org](http://www.fitup.org) go to the “Activity Manager”, then under the section “User Account Activities“ select the link “Join a Work Place or Organization”. Look for your work place in the list and select it – that’s all there is to it! Those of you that are participating as individuals can just choose “#NO GROUP” from the drop down list. If you haven’t joined a work place yet, think about doing it! It’s especially important for those of you that have a company promoting this program internally. Many companies are offering prizes of their own for participating in the program!

I still get a lot of questions about why people who smoke seemingly get a good deal and why not give all people who don’t smoke the bonus points. The answer is simple, I make the rules...just kidding. Seriously, if you have smoked for ten years or more, it isn’t a simple matter of just quitting and hopping on skis and doing a few “K’s”. This project is really designed to get everyone moving, not just the already fit. It’s designed to keep people progressing towards their own goals. So I made the rules to help people who have a “bigger” challenge towards changing their lifestyles to the degree that it helps prevent chronic disease. This program really is more of a competition with yourself as opposed to seeing who can get the most points.

We are progressing quickly with half the first stage going by already by the end of next week! About 50% of the 1,300 participants have missed at least getting their points in Week One. So if you’re having trouble, you’re not alone brother. The great thing about this program is that you can miss a week or two and still get back on track in time to win at least a stage prize (Of course, you’ll have to step it up for the lost “opportunities” you made to be active). If you’re a new registrant, welcome aboard. You still have 30 more opportunities to win weekly prizes!

I had a school meeting last week. It was exciting to see many indoor walkers in the school. Many schools now allow the community to walk after hours while evening



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classes are held for Adult Education. Please ask your school if they'd consider offering this opportunity. Many who don't now, will...they just need people to request it!

I'm amazed at all the different kinds of apples that Supermarkets now offer. (Maybe they always did, I just didn't notice). What I do since I'm so cheap is to try out the cheapest apple on sale that week. I also made a great veggie soup with left over ham worth at least 2 servings per bowl. My daughter said it was "revolting," but then she isn't counting. People have asked if their kids can participate. Yes they can! No age discrimination.

Check out the Daily Tips on the Home Page. I have several health experts in our region answering questions participants may have...so ask away. Click on the webmaster button on the bottom of the home page. Oh, I forgot again...here are the four winners this week:

Barb Croschere from Range Bank, N.A.

Denise Bowman from the Marquette County area

Shiloh Fitzgibbon from Alger County

Lori Piggott with the Upper Peninsula Diabetes Outreach Network in Marquette

Congratulations to our winners!