

FitUP Newsletter #5

Hi FitUP Participants!

It was a hectic week for me...and cold again for all of us. Sorry for the delay on this newsletter. So far we have 93 worksites/organizations with a total of 1,462 people registered. In week three only 307 people qualified. This low number isn't too surprising since it isn't all that easy to get outdoors in below zero weather. It's another reason why you need to plan for indoor activities...or shovel a lot of snow. We're just finishing up the half way point of Stage One. There are 485 people who have 600 points registered at the end of Week 3 and are on pace to qualify for stage prize. Remember that to qualify for the Stage prize, you'll need 1,600 points. If you're behind the pace of 200 points a week, plan on stepping it up. Some of you instead of 30 minutes a day, will have to get near 60 minutes several times a week. That can be broke up into three 20 minute segments. The hardest part of any exercise program isn't the actual walking, skiing, stair climbing, swimming, shoveling etc, it's getting off the chair and out the door. Don't talk yourself out of getting out the door. Once you're out, 30 minutes is easy! Stinking thinking affects us couch potatoes too. If you walk to the corner store that's 15 minutes away, you have no choice but to get in that other 15 minutes to get home. Yes, I have been tempted to use the cell phone to have one of my kids pick me up. (Just happened once when I got caught in a downpour) A safety tip. If you're walking at night with your dog, place a light clip on her collar. Get one for yourself too. These can be found at most discount stores.

The Super Bowl was a perfect time for lot's of fruits/vegetables! Bean dips are great. So are tomato based dips. I'm sure a lot of you are like me and have to get in several 60 minute sessions to balance out the calories. Remember to get Week 4 results in by Thursday. (We're in Week Five starting Monday, February 4th)

And the Winners of Week Three Are:

June Peterson from the Marquette Area.
Lucia Patritto from the Iron County Employee Wellness Group
Marian MacLeod from Bay Mills in Chippewa County
Karen Bingel from the Negaunee Middle School

Congrats. For the rest of you...we still have 29 weeks of prize drawings!