

## FitUP Newsletter #6

Hi FitUP Participants! Great weather. No excuses this week.

Emily Pace from TV-6 is doing a health news piece on weight-loss programs. She would like to interview a FitUP participant who has struggled with weight issues and has found this program to help. Please email me back if you would agree to a short interview. ([gshedlacek@mqtcty.org](mailto:gshedlacek@mqtcty.org))

A couple of news items crossed my desk this week, one good, one bad. The good news...According to researchers reporting in the American Journal of Medicine, adults ages 45 to 65 who made four significant lifestyle changes lowered their risk of heart disease by 35% and their overall risk of pre-mature death by 40% in just four years. Guess what, three of the four changes are involved in the [www.FitUP.org](http://www.FitUP.org) program and the 4th, keeping a healthy weight is a by product of the program! The other three are quitting smoking, eating five or more fruits and vegetables daily, and exercising 2 ½ hours or more per week (which we call earning at least 200 points). The bad news is that only about 8% of Michigan residents do all four.

Some more bad news; there is a new medical condition identified that harms our kids. It's called Nature Deficit Disorder. There has been a dramatic reduction of time that kids spend playing outdoors. It's so bad a book has been written on the phenomenon called, "Last Child in the Woods, Children with Outdoor Time Do Better". The long term impact is that this latest generation of kids will not be as healthy as us baby boomers. That's a scary thought since I already stated that only 8% of us are doing what we need to do to stay healthy.

There are a lot of games that you can play with your kids. Try hiding a prize in the woods and give them a treasure map. The geocache event held recently is a similar fun activity for youth. They seem to love technology and a GPS unit may help a hike in the woods be more fun. Pond hockey is another lost activity for a lot of kids. Unless a sport is organized, kids don't seem to do it. Scrape the snow off the ice near your home and help the neighborhood kids get back to a more simple time. By the way, the City of St. Ignace is sponsoring a large "four on four" hockey tournament the weekend of Feb 23 to be held outdoors (more info located in the Activity Guide section).

We completed week four last Sunday. Be sure to record last week's results if you have not done so by Thursday at noon. Hopefully this week you can try to get in double the points due to the subzero weather of last week. If you're like me, you'll have to, to burn off a lot of extra Super Bowl calories. The end of Stage One (March 2) is rapidly approaching. There is still time to get caught up on your points to enter that \$160 prize drawing! Keep checking out our daily tip section on the home page too.

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