

FitUP Newsletter #7

Hi FitUP Participants!

This is the final week to complete the "Designing Healthy Environment at Work" (DHEW) tool for a chance to win 6 Get Moving UP jackets, courtesy of the Wellness Council. To take the survey click here [<http://mihealthtools.org/work/>]. The survey takes about 20 minutes to complete. Your Human Resources Department may be able to assist you with some of the questions.

We had 307 people qualify for the Week Four drawing. We now have 1,500 people registered. So that's about a 20% "success" rate. That may sound low, but it's typical with any behavior change program. For example, a smoking cessation program that has a 30% success rate is considered the gold standard. Most "weight loss" programs have a very dismal rate of success over time. The main problem is that most people want a quick fix for something that usually takes years to develop. For most of us, the weight went on a few pounds over a year ... in ten years that might be 40 or more pounds. To lose it, takes a complete reversal of what caused it in the first place, usually trading in your bike for a car, mom's vegetable dishes for quick fast food, and watching sports/recreation on TV instead of using that time to explore the woods for yourself. If a person is more than 10% over their ideal weight, if they follow the recommendations of this program: 30 minutes of physical activity five or more days a week, and at LEAST five or more fruits/veggies per day, they should find themselves a pound or two lighter each week.

I got a message from Colleen who took several steps to get healthy on her own last year. She stated that her first step was to "change my diet, radically. That happened because a friend loaned me a book called 'The China Study' by E. Colin Campbell. What an eye opener! Then a friend asked me what would help and I answered I could really use a work-out partner. I joined the "W" (West Branch Community Center) in Gwinn last February, a year ago. Since then I've lost 63 pounds, lowered my cholesterol and blood pressure and have felt good with lots more energy and flexibility. I can get my knees up to my chin! before my belly was in the way. I get up in the morning and my body doesn't hurt. Wow!"

She also reports that she plans to participate in the Annual YMCA Run/Walk, walk across the Mackinaw Bridge and ride in a bicycle race this year.

So, yes, it ain't easy but I have never, ever heard anyone who has made the changes say that it wasn't worth the effort. FitUP provides the tools and incentives, you have to provide the will.

Speaking of incentives, congratulations to our Week Four winners:

Cindi Makela from the Marquette County area.
Kara Farquhar from Munising High School

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Cindy Deiter from DIISD in Dickinson County
Sara Huuki from Portage Health in Keweenaw County.

Let's have as a goal for 500 people to qualify for next weeks drawing!

PS: Colleen Horn from Mackinac Straights Hospital sent us an Activity Guide for Mackinac County. Thanks Colleen! I was stuck at the Bridge for a few hours last night. I got in an extra 20 "cold" minutes! Now before we get questions about how many points a "cold minute" is worth ... a "cold minute" is worth the same as a "hot minute" ... one point :) !

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