

FitUP Newsletter #8

Greetings FitUP Participants...on this fine sunny day.

I had lots of thinking time as I had to travel downstate last week and this week. I learned that there are some healthy things you shouldn't do on the road, like try to drive and eat a salad (two veg servings). Not too smart. Even a McDonald's Parfait (one fruit serving) will have you arriving for a meeting with a yogurt mess. So stop for a few minutes and enjoy the moment.

People are beginning to get the message. At a meeting yesterday, out of 16 people, 13 ordered salads! Since I was ordering last, the peer pressure to do so was overwhelming.

Another idea to help you get minutes in. I arrived at my meeting downstate 35 minutes early. I walked to the Capitol and then the State Library. I got my 30 minutes in even as I was thinking that there was no way I was going to make it. That's how FitUP works, you think about making the small changes in your daily or not so daily routine to fit the physical activity in.

There are just two weeks after this Sunday left in Stage One. Two people will win cash prizes of \$160 each at the end of the Stage! Speaking of prizes...here's our winners for Week Five:

Three of the four winners came from Gogebic County Shannon Lutz, Bonnie Netzel and Renee Radowski. Elizabeth Juneau from Dickinson County was our fourth winner. People have asked how we pick the winner. The computer picks randomly from those who earn at least 150 fitness points, 25 fruit/vegetable points and another 25 points from either increased fitness/nutrition or bonus points to equal the required 200 points. My name was drawn in Week Two but Greg wouldn't let me collect.

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