

## FitUP Newsletter #9

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

Remember to get last weeks points recorded in order to make the drawing which will be held on Thursday afternoon (Feb 21). Next week is the last week of Stage One. I told you at the beginning that the time will go by quick! You'll need at least 1,600 points scored for the Stage to be in the running for one of two \$160 cash prizes courtesy of the Wellness Council.

Next week you will notice a new button showing up on the bottom of your FitUP Log Sheet. This button is labeled "Close Stage". You will want to press this button only when you have finished entering your activity for week #8 of Stage 1.

Pressing the "Close Stage" button does a couple of things. First it closes out Stage 1; this means you will no longer be able to edit your Stage 1 time or view individual daily entries for Stage 1. However, a summary of your Stage 1 activities will be available to you from the Activity Manager. The other thing pressing this button does is to activate the Stage 2 log. Pretty exciting, eh? Another 8 weeks of healthy living to look forward to!

So, before selecting the "Close Stage" button make sure you've entered all of your Stage 1 activity and pressed the "Add My Activity" button. Come back into your log sheet and press the "Close Stage" button. You will see a summary screen of your Stage 1 times and the option to either go ahead and close the Stage or to cancel the action. Once you close Stage 1, the next time you come into your Activity Log Sheet you will see a clean log sheet for your Stage 2 activities. Information on closing out the log sheet will also be available on the Activity Log Sheet page under the link "Log Help".

For Stage 2 to make the program a little more interesting as well as help make it a little more motivating...consider having teams of employees, family members, or other worksites. You'll have to make up your own teams, for example...A City Commission could challenge another City Commission, one floor could challenge another worksites floor or Division. FitUP will not be able to track each individual team, but you could do so very easily by printing off each participants log sheet and tabulating the scores for your team! Stage Two will end with the end of winter! I promise better weather for Stage 3 and 4! (Yes, I just knocked on wood).

I've noticed several restaurants of the fast food variety now offering salads as part of their combo package in place of French fries. Yes, I know that some of you are counting potato fries as a vegetable, but choose the salad from time to time. Same point totals but at a cost reduction of a couple hundred calories.

Coupons: I'll be looking for more coupons for your use for the upcoming stages. As you talk to businesses in your community about the program, clue me in and I'll contact them to get their coupon on the site. Remember, the coupons are only for use by

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participants! There are a lot of "events" that I don't know or hear about. Several of you have reported on some that you have or will participate in: Walk for Warmth in Manistique on Saturday; we had a musher in the Jack Pine 30...good for the bonus points but no, you can't add in points for your dogs, too!

We will have a short survey for participants to complete next week. Please fill it out. It'll only make the program better for the final three stages. I don't want any complaints about the lack of winners in your area. The computer knows!

We will only be having one newsletter per week (either on Wednesday or Thursday). Winners will be announced as well as posted on the prize winner page. I hope to see your name on the list next week!

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