

WELCUP

Wellness Council of the Upper Peninsula

"An affiliate of the Governor's Council on Physical Fitness, Health & Sports"



Update ☺ **March/April 2006**

www.fitUP.org

www.michiganfitness.org

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Mark Your
Calendars!

Fifth Annual Physical Activity Incentive Program Get Moving U.P. "Kicks-Off" April 2nd

Get ready, set, and go! Starting April 2, 2006, WELCUP and other organizations from across the U.P. will be "kicking-off" the Fifth Annual **Get Moving U.P.** Worksite and Community Physical Activity Incentive Program.

The goal of Get Moving U.P. is for Yoopers to get 30 minutes of physical activity at least 4 times a week over a 9-week period. Most people feel better when they are active, and physical activity also helps to keep us healthy. Worksites, community groups, individuals, churches and schools are encouraged to form teams of 4 and sign up their team at www.fitup.org. Individuals are also invited to join. It's easy for you and your team to track your minutes of activity on the website. In addition, participants will be eligible to win cold hard cash, fleece jackets and a mountain bike from WELCUP. **The cost to participate is free to all 2006 WELCUP members; otherwise, the cost is \$10/team and \$5/individual for non-members.**

By signing up online, you will also receive tips and additional resources about easy (and sometimes fun) ways to incorporate more activity into your day. Get Moving U.P. will help you spring yourself into the habit of becoming physically active. If you are already a 'fitness bug,' Get Moving U.P. is your chance to form a team with some of your less active friends, family and colleagues and help them get hooked on moving their bodies too!

Whether you like to hike, or dance, you can "trek your way," or "two-step your way" into better health. As long as the activity gets your heart pumping, any type of physical activity will do! Just keep track of your minutes of physical activity and exercise your way (1,080 minutes/individual or 4,320 minutes/team of 4) to better health by June 3, 2006.

The wellness council will be awarding "stage" cash incentives to some lucky participants throughout the program. Your group or worksite may also want to have some special prizes or incentives of your own.

In addition, National Employee Health and Fitness Day takes place during our Get Moving U.P. program, so for fun (and for our health), WELCUP is encouraging all worksites to promote physical activity on-site during this one day which is May 17, 2006. For worksite members with 50% or more employees engaging in physical activity during this day, WELCUP will conduct a \$100 raffle drawing to a winning worksite to spend on a "wellness related" activity for its employees. Please continue to visit the fitup.org website for further details and information on this program. WELCUP membership information is also available at the site.

Mark Your Calendars!

October 20, 2006 for the:

2006 U.P. Fall Forum: Human Resources,
Training and Wellness

WELCUP will co-sponsor this event with Superior Land Chapter of Human Resource Professionals this year. The keynote will be Dr. Steven Aldana, Ph.D. from BYU. He will discuss how effective and cost-effective wellness programs are at the worksite.

More to come . . .

- Colonoscopy every 10 years.

All positive tests should be followed up with a colonoscopy.

Cervical Cancer

- Women should get annual Pap tests starting about three years after first vaginal intercourse or by age 21.
- Beginning at age 30, women who have had three normal Pap tests in a row may get screened every 2 to 3 years.

Women 70 years of age and older who have had three normal Pap tests in a row and no abnormal Pap tests for a decade may stop having the screening.

Prostate Cancer

- Beginning at age 50, prostate-specific antigen (PSA) blood test and digital rectal exam (DRE) should be offered to men annually who have a life expectancy of at least 10 more years.
- Doctors and patients should discuss the benefits and limitations of the PSA test.

Discuss with your doctor your risk for developing cancer and the screening schedule that is best for you. If you are at increased risk, you may need to be screening at an earlier age or more often.

Symptoms that could be related to cancer should be reported to your doctor right away.

Source: *CA: A Cancer Journal for Clinicians*, January/February 2006.

New Cancer Screening Guidelines

The chances of surviving cancer are often better when it is detected and treated early. Regular screening can make a difference.

The American Cancer Society (ACS) has released new guidelines for screening for cancer. Following are the ACS-recommended screening guidelines for individuals who are at average risk for developing cancer.

Breast Cancer

- Women in their 20s and 30s should get a clinical breast exam every three years.
- Women age 40 and older should get a clinical breast exam every year.
- Annual mammogram starting at age 40.
- Breast self-exams are optional.

Report any breast changes promptly to a doctor.

Colon and Rectal Cancer

Starting at age 50, men and women should follow one of the five testing schedules:

- Yearly fecal occult blood test (FOBT) or fecal immunochemical test (FIT),
- Flexible sigmoidoscopy every 5 years,
- Yearly FOBT or FIT plus flexible sigmoidoscopy every 5 years,
- Double-contrast barium enema every 5 years, or

ATTITUDE

**A positive attitude
causes a chain reaction
of positive thoughts,
events, and outcomes. It is a
catalyst, a spark that creates
extraordinary results.**

~ Anonymous



StepUP Final Results:

We had a total of 589 participants from 46 different organizations. For week 8, StepUP Week, a minimum of 50,000 steps was necessary to qualify for our prize drawings. We had two \$25 winners (Darlene Blahnik with Newpage Corporation and Robyn Arsenault from Marquette County) and one StepUP winner for the \$80 which was Margaret Christensen from Iron County. A total of 172 people qualified for the "StepUP" week drawing.

Our TWO GRAND PRIZE WINNERS for STEPUP are Joe Ackerman from Alger County and Sherry Hansen with Keweenaw Memorial Medical Center in Houghton County. They each won \$125. Congratulations! 235 people qualified for this drawing. If participants recorded more than 300,000 steps for the entire eight weeks, they were entered into the drawing.



In addition, we had a group of 6th graders from Manistique who averaged over 477 thousand steps each! The 88 student total was nearly 42 million

steps. Congratulations students and thanks for participating along with us! We also had 34 participants from Portage Health System who stepped over 11 million steps.

The entire group of participants recorded over 158,000,000 steps with the average step total for users being over 300,000 steps. Congratulations to all of you who stuck with the program for the past eight weeks.

All cash incentives and prizes were courtesy of WELCUP.



APRIL—NATIONAL ALCOHOL AWARENESS MONTH

How to Get Help for an Alcohol Problem

Moderate alcohol use—up to two drinks a day for men and one drink per day for women and older people—is not a problem for most adults. But for a number of people, alcohol is a problem. Its misuse and addiction can lead to accidents, violence, domestic abuse, child abuse, problems with relationships, job loss, damage to the brain and liver, injury to a fetus during pregnancy, and even death.

The good news is there are many national and local resources that can help with an alcohol problem.

For local resources, contact your health care provider or health care center, or check your local phone directory under alcoholism and treatment centers.

For more information on alcohol or to obtain treatment referral information in your state, call the National Drug and Alcohol Treatment Referral Routing Service toll-free at (800) 662-HELP (4357).

Additional resources for more information on alcohol abuse and alcoholism include:

National Council on Alcoholism and Drug Dependence, Inc.

(212) 269-7797

HOPE LINE: (800) NCA-CALL (24-hour, toll-free affiliate referral)

www.ncadd.org

National Institute on Alcohol Abuse and Alcoholism

(301) 443-3860

www.niaaa.nih.gov

Alcoholics Anonymous (AA) World Services, Inc.

(212) 870-3400

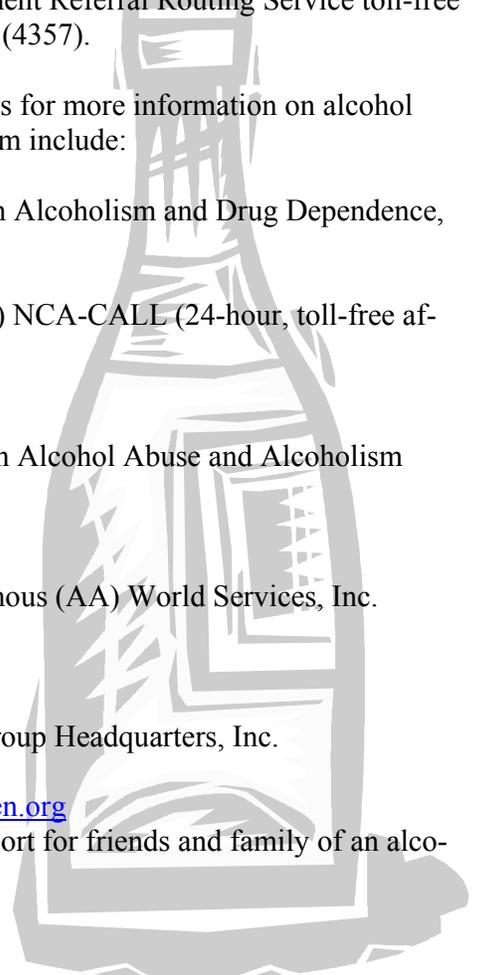
www.aa.org

Al-Anon Family Group Headquarters, Inc.

(888) 425-2666

www.al-anon.alateen.org

Resources and support for friends and family of an alcoholic



MARK YOUR CALENDARS



March 2006 April 2006

11 Junior Bear Chase Cross Country Ski Race, Houghton, 906/482-9669 or www.bearchase.org/junior.htm

12 26th Annual Great Bear Chase Cross Country Ski Race, Calumet, 906/337-4520 or www.bearchase.org

18 1st Annual Holiday Inn Express Cross-Country Ski Relay, Munising, 906/387-2138

18 1st Annual St. Patrick's Beach Volleyball Tournament, St Ignace, 800/970-8717



7-9 Indoor Soccer Tournament, Superior Dome, Marquette, 906/227-2850 or www.superiordomesoccertournament.com

21-23 Indoor Soccer Tournament, Superior Dome, Marquette, 906/227-2850 or www.superiordomesoccertournament.com

1-10/20 Keweenaw Angling Classic, Keweenaw, 906/482-5240

