

# WELCUP

Wellness Council of the Upper Peninsula

*"Promoting worksite wellness and physical activity  
within Upper Peninsula businesses and communities"*

*Sept/Oct 2006*



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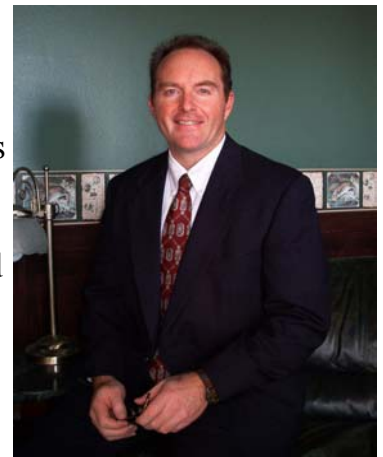
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Mark Your  
Calendars!

## WELCUP Teams Up with U.P. Human Resources Association to Host Fall Workshop

WELCUP is teaming up with the U.P. Human Resources Association this year to hold its annual workshop this fall on Friday, October 20th at Northern Michigan University from 8:30 a.m. to 4 p.m. (EDT).

Not only do we promise good food and educational breakout sessions, but we have a very knowledgeable keynote who will inform all of us on how to make the right choices to lead a sustainable and healthy lifestyle. Steven Aldana, Ph.D., our keynote, is with the Department of Exercise Sciences at Brigham Young University in Provo, Utah. Dr. Aldana has authored over 60 scientific papers and 6 books on weight loss, obesity, and adopting and maintaining healthy eating and exercise behaviors. He is a special advisor to the Secretary of



Health and Human Services and a regular consultant to the Centers for Disease Control and National Institute on Health. Harvard says his latest book on adopting healthy behaviors, *The Culprit and the Cure*, (in which the first 100 participants will receive a free copy), "Is better than the best medicines."

A registration brochure will be sent directly to you from the Association not WELCUP. For those of you who do not receive a brochure, please call Kelly at (906) 779-7234 or email [rumpf@hline.org](mailto:rumpf@hline.org) to register. The fee is \$40/member, \$50/non-member and \$10 for students to attend the workshop (lunch included). It will be \$10 more if paying at the door.

Please plan to register early as you won't want to miss this workshop!



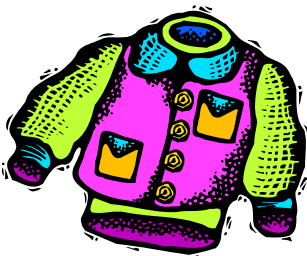
## Get Moving U.P. 2006 Program Results

Over 570 participants, 38 worksites and 124 teams participated in the Wellness Council of the Upper Peninsula's 2006 "Get Moving U.P." program. Individuals and teams had nearly 110 million minutes of activity recorded from April 2nd to June 3rd.

The Grand Prize Winner of the Trek Mountain Bike from Mortl's Sports Center of Iron Mountain was Penny Pavlat from Escanaba. Penny works for both Bay de Noc Community College and Public Health Delta Menominee in which both of these U.P. worksites participated in the program as well. One hundred and three teams and 385 individuals qualified for the grand prize. Teams had to complete a minimum of 4,320 minutes of physical activity and individuals 1,080 minutes over a 9-week period to qualify for the grand prize. That comes out to just 30 minutes a day, 4 days per week!

There were six Grand Prize Team Winners of "Get Moving U.P." jackets and vests also. Teams include: "Angels and Badmen" from NMU, "40 Something!" from Dickinson-Iron I.S.D., "Dietary Darlins" from Grandview Health System, "Slimming Sweeties" from Munising Schools and "PAKS" from Bay de Noc Community College.

Congratulations to all winners and everyone who participated and completed the program. WEL-CUP spent approximately \$2,000 in "Get Moving U.P." prizes as incentives to help motivate individuals to increase their level of daily physical activity.



***WINNERS: THE JACKETS AND VESTS ARE COMING SOON !!***

***Just in time for Fall!***

# 2007 Calendar of Events



**January-February: Get Moving U.P.**

**March: Whole Grain & Fiber Program**

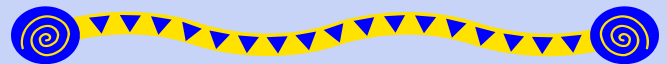
**April: Steppin' Out (one-week fundraiser event)**

**May: National Employee Health & Fitness Day**

**June: 3-A-Day Dairy Program**

**September: Eat 5**

**October: Annual Fall Workshop**



Do you have a healthy relationship with food?

1. Can you eat when you are hungry and quit when you are satisfied? Y N
2. Do you stop eating because you think you should (as opposed to because your body is satisfied)? Y N
3. Do you make food choices based on foods you enjoy? Y N
4. Do you become physically uncomfortable (such as weak, tired, dizzy, a headache) when you under-eat or diet? Y N
5. Do you feel that your food selections are a combination of healthy foods and pleasurable foods? Y N
6. Do you have to eat in a certain pattern — always three meals a day or always at a certain time of the day? Y N
7. Do you trust that if you eat when you are hungry and stop when you are satisfied you will not get fat? Y N



(Cont. on page 3)

**FINANCIAL AND ENVIRONMENTAL WELLNESS—Tips to Improve Your Gas Mileage**



Is the high price of gasoline taking a big bite out of your budget? Here are some steps you can take to get the better gas mileage.

**Drive More Efficiently**

- Observe the speed limit. Gas mileage decreases rapidly at speeds above 60 mph. The EPA estimates you can improve your fuel efficiency by 10-15 percent by driving 55 mph in stead of 65 mph.
- Stop aggressive driving—speeding and rapid acceleration and braking wastes gas. The largest fuel waste occurs with aggressive driving.
- Accelerate smoothly and brake gradually.
- Maintain a steady speed whenever possible.
- Avoid unnecessary idling. Turn off your engine when you have to idle more than 30 seconds.
- Combine errands.
- When commuting, car pool. Stagger your work hours, if possible, to drive during off peak times and avoid sitting in traffic.
- Use cruise control and overdrive gears when appropriate.
- Remove excess weight from your vehicle. Avoid keeping unnecessary items in your trunk.
- Avoid packing items on the top of your vehicle.
- Minimize your use of air-conditioning.

**Keep Your Car in Good Running Condition**

- Keep your engine tuned up.
- Check and replace air filters regularly
- Keep you tires properly inflated and aligned.
- Change your oil regularly and use the grade of oil recommended for your car.

**Choose a More Fuel-Efficient Vehicle**

For information on the fuel efficacy for 1985-2005 model-year cars, see Web site [www.fueleconomy.gov](http://www.fueleconomy.gov).

**For short distances, consider walking or bicycling.**

Sources: U.S. Dept. of Energy, [www.fueleconomy.gov](http://www.fueleconomy.gov). "Good, Better, Best: How to Improve Gas Mileage," Federal Trade Commission Consumer Alert, [www.ftc.gov](http://www.ftc.gov). "ECOdriving Helps Fight High Gas Prices," Ford Motor Company, [www.ford.com](http://www.ford.com).



(Cont. from page 2)

**Do you have a healthy relationship with food?**

8. Do you feel guilty when you eat to the point that you are stuffed and uncomfortable? Y N
9. Can you balance the time you give to thoughts about food, weight and dieting with other importance aspects of your life, such as relationships, work and self-development? Y N
10. Do you watch what other people eat and use that to determine what and how much you will eat? Y N
11. Can you leave some cookies on the plate because you know you can have some again tomorrow? Y N
12. Do you usually pick foods based on their calorie count? Y N

**Scoring**

Add up all the "no" responses to the **odd-numbered** questions. Give one point for each "no:" \_\_\_\_\_

Add up all the "yes" responses to the **even-numbered** questions. Give one point for each "yes:" \_\_\_\_\_

Total both the numbers here: \_\_\_\_\_

**Interpretation**

This survey is designed to help you reflect on your relationship with food. "Normal" eating is flexible. It varies in response to emotions, daily activities, hunger and proximity to food.

**Scores between 0 and 3:** These scores generally indicate a healthy attitude toward food and eating.

**Scores between 4 and 8:** These scores suggest that cultural pressures about appearance and ideas about how much and what kinds of foods to eat may be negatively affecting self-acceptance and overall happiness. Exploring these issues may be helpful.

**Scores between 9 and 12:** These scores suggest serious issues with food, ranging from food obsession to an eating disorder. These issues could be interfering with daily life and may negatively affect overall health. Professional assistance is recommended to deal with thoughts, feelings, and behaviors related to food and body image. Medical evaluation and intervention may also be needed to address health concerns.

\*Note: The "Healthy Relationship with Food" Inventory can only give results based on the limited number of questions asked in the inventory. It cannot account for the truthfulness of the answers, only for the self-reporting of each participant. The interpretations given are for informational and educational purposes only, and do not constitute or substitute for any psychological and medical evaluations performed by a qualified professional, nor for any psychological or medical treatment. If psychological or medical evaluation and treatment are indicated, immediately consult a qualified professional.

(Source: The Renfrew Center)

# MARK YOUR CALENDARS



## September 2006

- 2-4 Mountain Bike Races, Drummond Island, 800/999-6343
- 2-4 3rd Annual Grand Marais Triathlon, Grand Marais, 906/494-2447
- 3 Bridgewalk, Iron County Museum, Caspian, 906/265-2617 or [www.ironcountymuseum.com](http://www.ironcountymuseum.com)
- 4 48th Annual Labor Day Mackinac Bridge Walk, North End of the Mackinac Bridge, 800/970-8717 or [www.mackinacbridge.org](http://www.mackinacbridge.org)
- 4 Labor Day Fun Walk, Wakefield, 906/224-3921
- 9 Mackinac Island Road Race, Mackinac Island, [www.mackinacisland.org](http://www.mackinacisland.org)
- 16 16 Tahquamenon Wilderness Canoe Race, Paradise, 906/492-3351

## October 2006

- 7 Autumn Apple Days & The Great Pumpkin Roll, St Ignace, 800/970-8717
- 7 3rd Annual Barn Dance, Grand Marais, 906/494-2447
- 20-21 Annual Haunted Trail, Paradise, 906/492-3219



28-29 Trunk or Treat and Haunted Woods, St Ignace, 800/970-8717



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