

# WELCUP

Wellness Council of the Upper Peninsula

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

**Nov/Dec 2006**



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## Get Moving Upper Peninsula! WELCUP's Sixth Annual Physical Activity Incentive Program

**Get ready, set, go!** Starting January 1, 2007, WELCUP (Wellness Council of the Upper Peninsula), will be "kicking - off" its 6<sup>th</sup> Annual "Get Moving U.P." Program. Over an 8-week period, participants will learn how to incorporate more moderate and/or vigorous activity into their daily routine. Participants will be able to keep track of their daily minutes of physical activity at [www.fitUP.org](http://www.fitUP.org). Worksites, organizations, churches and individuals are encouraged to form teams of 4, each who log their minutes of activity on the website. Incentives will once again be provided throughout the program. There will be a charge of \$10/team and \$5/individual for non-members who wish to be eligible for all prizes; otherwise the program itself is free to participate in.

Participants will also be made aware of benefits, given tips and provided resources for additional information. Participants will get into the habit of increasing their physical activity, and see how fun and easy it is to do so. Many participants will continue their new behavior well after the incentive program is completed! 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 (1,200 minutes/individual or 4,800 minutes/team of 4) to better health by February 25, 2007. All individuals who meet the minimum required minutes of activity, will have a chance to win stage cash incentives as well as the individual grand prize which is a mountain bike and team prizes which are the "Get Moving U.P." fleece jackets and/or vests. For more information on the "Get Moving U.P." program, please visit the website [www.fitUP.org](http://www.fitUP.org). On-line registration will begin December 1, 2006.



# 2007 Calendar of Events



**January-February: Get Moving U.P.**  
*\*\* (Starts January 1<sup>st</sup> for 8 weeks)*

**March: 3-A-Day Dairy Program**  
*\*\* (March 18 – 24, 2007)*

**April: Steppin' Out (one-week fundraiser event)**  
*\*\* (April 23 – 29, 2007)*

**May: National Employee Health & Fitness Day & Week**  
*\*\* (May 13 – 19, 2007)*

**June: National Safety Month**  
*\*\* (June 17 – 23, 2007)*

**September: National Eat 5 to 9-A-Day for Better Health Month - Eat 5 Program**  
*\*\* (Week or month long program TBD)*

**October: Annual Fall Workshop**



“Now there are more overweight people in America than average-weight people. So overweight people are now average. Which means you've met your New Year's resolution.” - Jay Leno

## How Can My Business Become Involved in the Michigan Steps Up Campaign?

1. Go to [www.michiganstepsup.org](http://www.michiganstepsup.org).
2. **Make a Commitment** to create a healthier workforce by making at least **one change** over the next 12 months that supports employees moving more, eating better, or avoiding using tobacco products.
3. Use **Designing Healthy Environments at Work Assessment Tool** to help guide your development of a worksite environment that supports healthy lifestyles.
4. Review the **Worksite Wellness Chronicles** that highlight work that is being done in businesses across Michigan related to employee health promotion. Submit your own story if you would like to share what your worksite is doing to encourage employee health. Contact Adam Hines at 517/335-9820 or [hinesa@michigan.gov](mailto:hinesa@michigan.gov).
5. Encourage your employees to complete a free **Health Risk Appraisal (HRA)**. The HRA is a scientific tool that provides individuals with a report on their health risks. Individuals can take their report with them to their healthcare provider to discuss at their next visit. Employers can also request a **group number**. This will allow employers to receive worksite-specific aggregate reports. No individual health information will be disclosed to the employer or to Michigan Department of Community Health; any information will be in aggregate form only.
6. Contact us at 517/335-8771 or [downingch@michigan.gov](mailto:downingch@michigan.gov) if you are interested in being linked with other worksites in your area that are interested in creating a healthier workforce. Promote Michigan Steps Up to employees, clients, and stakeholders by distributing brochures, postcards, and/or posters. Call 1-877-422-4244 to order FREE Michigan Steps Up materials.
7. **And then, let WELCUP know if you are participating in the campaign by emailing Kelly at [rumpf@hline.org](mailto:rumpf@hline.org) or call 779-7234!**

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## Call in Sick or Go to Work? Here's Some Advice

(By Jeanie Lerche Davis)

Sometimes it's hard to tell whether you're well enough to go to work. Here's how to tell if you're contagious.

The alarm's buzzing . . . but something's not right. You're sniffling, sneezy . . . queasy. You have a common cold. Or is it something worse? Should you drag yourself to work? Or spend the day in front of the tube?



**"Presenteeism"** -- going to work when you're sick -- is as contagious as the flu. Millions of Americans are doing it. By one estimate, upwards of 75% head to work with the common cold or other problems.

Sure, sick employees keep the computer warm. But research shows that people sick with the common cold are not very productive. In fact, their lost productivity accounts for up to 60% of employer health costs -- more than if they'd taken a sick day.

So you wake up with a common cold or some other ailment that's getting you down. What should you do?

To help you decide, Sharon Horesh, MD, instructor of clinical medicine at Emory University School of Medicine in Atlanta, gives her advice. Just keep this in mind: "There's no antibiotic that can get rid of the common cold or flu or stomach virus," Horesh states. "That's my pet peeve . . . antibiotics only work with a bacterial infection . . . bacterial bronchitis, pneumonia, strep throat, ear-ache, pink eye."

Also, be careful about which medications you take for the common cold, says Nathan Segall, MD, a private practice allergy specialist in Atlanta. The overwhelming majority reach for over-the-counter antihistamines, he says. But beware: Even if it's a so-called "non-sedating antihistamine" it could cause sleepiness and mental fogging, says Segall.

"Some individuals will be more likely to have these side effects than others will."

That turns into a double-whammy: The common cold itself will affect your ability to concentrate because of clogged nasal passages and headache. Add a bit of drowsiness (whether it's from the pills or from difficulty sleeping), and pretty soon, you're making mistakes at the keyboard, barking at co-workers -- generally feeling miserable. Even if it's just the common cold, maybe you should have called in sick.

Source: WebMD

### 12 Tips to Prevent Cold and Flu the "Natural" Way

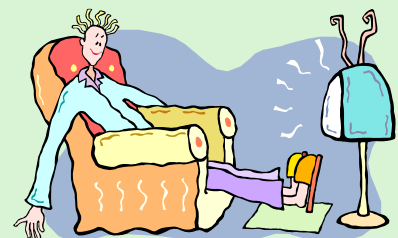
- ◆ Wash Your Hands
- ◆ Don't Cover Your Sneezes and Coughs With Your Hands
- ◆ Don't Touch Your Face
- ◆ Drink Plenty of Fluids
- ◆ Take a Sauna
- ◆ Get Fresh Air



- ◆ Do Aerobic Exercise Regularly
- ◆ Eat Foods Containing Phytochemicals ("plant foods")
- ◆ Eat Yogurt



- ◆ Don't Smoke
- ◆ Cut Alcohol Consumption
- ◆ Relax



# MARK YOUR CALENDARS



## December 2006

9-10 Grand View Cross Country Ski Challenge 2006, Ironwood, [www.wolverinenordic.com](http://www.wolverinenordic.com)

15 John Berry Christmas Show, Dream Makers Theater, Kewadin Casino, Sault Ste Marie, 800/KEWADIN or [www.kewadin.com](http://www.kewadin.com)

31 New Years Eve Ball Drop, Marquette, 906/228-6213 or [www.downtownmarquette.org](http://www.downtownmarquette.org)

## January 2007

6-7 Tahquamenon Country Dog Sled Race, Northern Luce County, 800/831-7292



11-13 21st Annual 500 Miler Snowmobile Endurance Run, Grand Marais, 906/494-2729 or [www.grandmaraismichigan.com](http://www.grandmaraismichigan.com)

20 Heikinpaiva Talvitohinat Cross Country Ski Race, Houghton, 906/482-0820

21 Copper Island Classic Cross Country Ski Race, Chassell, 906/523-4884 or [www.keweenawtrails.com](http://www.keweenawtrails.com)

26-27 15th Annual Fun Run & Rally, Sault Ste Marie, [www.sootrails.com](http://www.sootrails.com)

27 Subaru Noquemanon Ski Marathon & mBank Half Noque, Marquette, 888/578-6489

27-28 GLSDA Dog Sled Race, Newberry, 800/831-7292

## January 2007

1-7 USSA Cross Country Senior National Championships, Michigan Tech Trails, Houghton, [www.seniornationals.org](http://www.seniornationals.org)

6 Snow-X Races, Newberry, [www.michigansnowx.com](http://www.michigansnowx.com)



6-7 SnoCross Race, Gogebic County Fair Grounds, Ironwood, 906/932-1122

WELCUP  
C/o Dickinson-Iron District  
Health Department  
818 Pyle Drive  
Kingsford, MI 49802