



## 2010 Winter Warm-Up Update & News Week #4—Feb. 13, 2010

### **Valentine's Day Fun:**

The inquiry of the week - does anyone have RED walking shoes? Barbara Rossi, Gail Kleine and Rose Borst were adorned in RED footwear. We decided that Dorothy Sander's red walking suit should also be included in the Valentine's Day tribute! *Thanks for adding some giggles and holiday fun!*



### **155 walkers checked in, and 97 brought activity logs to the Lansing Mall on Saturday! There were 4 new registrants!**



It was great to see the McGill Family in action and having fun, Kelvin, Kiaira and McKenzie stopped to let us snap a picture! Miles will be added to our weekly totals from 21 Satellite Group locations throughout the mid-Michigan area. I dropped in on the Tuesday group at the Cristo Rey Community Center and learned some Spanish! "Cominar es bueno para tu salud" ~ *walking is good for your health!* This group walks every Tuesday and Thursday at 11:00 am in the Senior Center and ALL visitors are welcome.

### **The theme for the week was "SNACK ALERT!": Ingham County-MSU Extension**

provided ideas for healthy snacks. Participants enjoyed

fruit smoothie drinks, an easy, low cost snack that supplies calcium and fruit to daily food choices. We had handouts on balancing physical activity with calories and simple snacks for children and adults adults. These handouts will also be available next week and distributed to interested Satellite Groups.



**2010 Winter Warm-Up with the Blues Community Challenge Update:**

Shelley DuFort from BCBSM reported that as of 9:00 a.m. on Thursday, Feb.11 the Challenge had 784 registered participants, with 35.97% of those still actively tracking physical activity despite the wintery blast our area experienced this past week! She is sure those totals will increase as residents dig out and start tracking their activity again. She reminded folks that with the Blues' online tracking tool you can log your minutes of any form of physical activity – snow shoveling included! – as each 15 minutes will convert to one mile of activity toward your Home Team's totals!

And then, what we've all been waiting for - the 3 weeks' standings in the Challenge:

**Currently in 3rd place – City of East Lansing**

**In 2nd place – Delhi Township**

**In 1st Place – City of Charlotte!**

**All in all, the participants in the Winter Warm-Up with the Blues Community Challenge have logged more than 18,720 miles! Keep up the great work everyone!**

**Virtual Walk and Game:**

Ingham County Parks were presented by Tim Buckley. The beautiful display featured information and activities that are available at Burchfield Park, Hawk Island Park and Lake Lansing North and South.

The Virtual Walk Game included the following questions and answers:



Q1) According to 2009 car counts, Ingham County Parks' visitor attendance for Hawk Island, Burchfield and Lake Lansing Parks was...

- A. 230,000
- B. 790,300
- C. 1,530,900

**Answer: C**

Q2) The Riverwalk Trail system passes through these two parks operated by Ingham County Parks system, of which a portion is plowed in the winter for walkers

and runners.....

- A. Burchfield and Riverbend Park
- B. Hawk Island and Potter Park Zoo
- C. Lake Lansing North and South

**Answer: B**

Q3) Winter Activities at Ingham County parks include snowshoeing, ice fishing, cross county skiing, sledding, tubing, and sitting by a warm fire with friends.

- A. True
- B. False

**Answer: True**

### **Walking Buddies Group**

Jon Stanton has been present at the Mall each Saturday to lead the “Walking Buddies” group. **This group focuses specifically on walking for weight loss.** Activity at Jon's table of information has been steady, but he would like to encourage walkers who want to discuss weight loss and how to stay motivated to be sure to stop by or better yet...join him for a lap around the Mall! Jon will be out of town February 20 and 27, but a substitute will be available while he's gone. Jon returns on March 6 ready to help inspire walkers to lose weight and stay healthy through daily walking!

### **Special Thanks To:**

- Ingham County-MSU Extension, Joyce McGarry, Nutrition Educator and Carol Foster for planning the “Snack Alert” presentation, and for this informative and delicious session!
- Ingham County Parks for the Virtual Walk presentation and game!
- All our walkers for helping to make our community a healthy and active place to live!
- LCC Student Nurse Assoc. and Cindy Swaiki Davis, R.N. for the BP checks!

### **This Week: Feb. 20 –**

- “Stretch Your Body and Mind” & Mid-Point Check for the “Blues Community Challenge”
- Virtual Walk will be presented by Walk & Bike Lansing!
- Blood Pressure checks



**Two dedicated walkers with “walking sticks”.**