



2010 Winter Warm-Up Update & News Week #3—Feb. 6, 2010

“FUN STEPS FOR THE FAMILY” kept all of us moving in Center Court! The morning kicked off with a hula hoop contest. Lansing Township Supervisor, John Daher and his wife Judy introduced us to “weighted hoops”! We were impressed with their proficiency! Judy has even added a variety of dazzling moves and workout steps to keep things fresh and challenging! There was a Hop Scotch Tournament, Wii Fit Exercise, and a Healthy Living Scavenger Hunt! Michigan League of Bicyclists let us fast forward to spring and bike excursions, as we learned about bike safety. *It was all about ways to be active and have fun with family and friends, there are so many options and choices to achieve the daily recommended levels of physical activity for healthy living!*



We had another great turnout, 172 folks signed in on Saturday morning with 89 submitting activity logs! There were 53 new registrations this week, and 21 Satellite Groups were action. There are numerous OPEN Satellite Groups that meet at a variety of places and times throughout the week in different communities. For more information visit Satellite Groups @ <http://www.cphlansing.com/docs/2010OpenSatelliteGroups.pdf> , or call Alicia Armstrong at 517-282-5035.

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

BCBSM Community Challenge Sponsor representative, Shelley DuFort was very pleased to report that there are *744 registered walkers are participating in the Challenge!* Over 52% are active and logging their walking and/or physical activity regularly (If you attend a jazzercise class or shovel snow, etc. - the time spent can be entered on your activity log.) **Every 15 minutes will be converted to 1 mile.**

As of Saturday morning, Blues Community Challenge participants have walked over 12,515 miles!!!

Team Rankings for the Community Challenge will be available next week. Adding to the morning’s excitement was the presentation of a decorated walking shoe from several of the municipalities involved in the Community Challenge. Every Community’s TEAM will be represented and we will update the top 3 teams each week, a marker will denote the rankings (1st, 2nd, 3rd) each week. Check out the creative works – the shoes are available for viewing in the Winter Warm-Up Kiosk in Center Court, generously donated by the Lansing Mall.



(left) Mayor Kal Smith, Grand Ledge; Kalea Delezenne, City of Lansing; and Supervisor John Daher, Lansing Township



You can JOIN your COMMUNITY TEAM anytime!

And help win a portion of the BCBSM \$8,000 grant award for a health or wellness project in your home town! The Community recording the highest participation levels will win the Grand Prize Award of \$2500! There is a link from the www.cphlansing.com or by entering www.bcbs.com/innovations/walkingworks/ into your browser. *Lets all get moving to make our community a HEALTHY, ACTIVE place to live!*

The gal holding the Grand Ledge Shoe designed for the Challenge by Aimee King, joined and walked with the assistance of a walker.

Virtual Walk . . . VIRTUAL BIKE! League of Michigan Bicyclists Executive Director Rich Moeller had bike safety tips for us as well as a remarkable treat! He produced some delicious smoothies for us to sample, the blender was powered by the muscle of the bike rider's peddling! Thanks for adding the amazing entertainment and nutritious drinks! It was a great opportunity to learn about safe roads for cyclists and motorists, as we strive to make your communities bikeable and walkable!



- Question #1:** "When I come up behind a bicyclist in a car I should?"
- A) Honk so that he/she will get out of my way.
 - B) Squeeze by them so that I won't be inconvenienced.
 - C) Wait until it is safe to pass and then pull to the other lane and give them a safe distance when passing.

- Question #2:** "When backing out of driveways I should?"
- A) Look to the right to see if any traffic is coming on the roadway.
 - B) Look both ways on the sidewalk for kids as well as vehicles on the roadway.
 - C) I am special I don't need to look for anyone else.

- Question #3:** "What is the best way to communicate with bicyclists?"
- A) Honking my horn vigorously.
 - B) Eye to eye contact.
 - C) Throwing objects at the bicyclists to get their attention.

- Question #4:** "When you are turning right at intersection and a bicyclist is on your right, what should you do?"
- A) Turn in front of the bicyclist because they should always yield to cars.
 - B) Allow the bicyclist to go straight or turn right before I make my turn.
 - C) Yell at the bicyclist to get on the sidewalk.

- Question #5:** "Which of these is safe bicycling?"
- A) Riding against traffic.
 - B) Riding in dark clothing.
 - C) Riding without a helmet.
 - D) Riding with headphones.
 - E) Riding at night with lights and reflective clothing.

Carol Twiss pedals the bike which whips a fruit smooth!



After each lap around Lansing Mall, walkers answer Virtual Walk questions to enter prize drawings.

SPECIAL THANKS TO:

Jon Stanton for designing and maintaining the Community Partners in Health website.
Molly Smith and Heather Sanders, Barry-Eaton Health Department for coordinating the “FUN STEPS” for the Family activities.

Nate Schmitz, Game Stop in Lansing Mall for the Wii Fit Demonstration.

Rich Moeller for the great bike safety presentation, smoothies and prizes.

Lansing Mall for their gracious hospitality.

LCC Student Nurse Association and Laura Jackson, RN for BP checks.

Rian Jordan for coordinating registration.

National Honor Society students from Okemos and Williamston for helping with registration.

This week, February 13th – “Snack Alert”

@ the Lansing Mall, Center Court

from 9:00 am—10:00 am

Joyce McGarry, Nutrition Educator from the Ingham County MSU Extension will present “healthy snacks”! There will be a display of healthy food choices for us to consider during our busy days! We will also make SMOOTHIE DRINKS—there will be sample taste testing.

Wii Fit Exercise Demonstration – Lansing Mall Game Stop, Manager Nate Schmitz will join us again – come learn about the exercise products that are available and try out a game!

Virtual Walk Game – Tim Buckley from Ingham County Parks will present exciting winter opportunities that are currently available at Burchfield Park, Hawk Island and Lake Lansing North! As always, there will be the Virtual Walk Game and Prizes!

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a healthy, active place to live!***

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