

# 2007 Winter Warm-Up Update & News



*Helping make mid-Michigan a healthy, active place.*

## **WEEK 7: February 24<sup>th</sup>:**

We welcomed 3 new registrants and had a total of 143 walkers on Saturday! All About Diabetes provided a comprehensive overview of Diabetes – there were educational materials, professionals available for questions and blood glucose testing. Mid-Michigan Physicians returned for Bone Density screening. We snapped a lot of pictures of Walking Buddies during the Virtual Trail Walk, the path was extra scenic thanks to the Mall's Boat Show!

## **A SPECIAL THANKS TO:**

- ❖ Tiana Ramos-Gee, American Diabetes Assoc. and Dr. Nabila Ahmed, Ferris State University College of Pharmacy for the excellent All About Diabetes Program.
- ❖ Mid-Michigan Physicians for their ongoing support of the Winter Warm-Up program and free Bone Density Screening.
- ❖ National Honor Society Student Volunteers for their help with set-up and registration.

## **THIS WEEK – Sat. March 3<sup>rd</sup>, 9:00 a.m. Lansing Mall, Center Court**

- ❖ Your Medications and You will be presented by MSU Health4U Program and Ferris State University College of Pharmacy. Do you have questions regarding the medications you take or how you can have your medications work best for you? A brief seminar and individual appointments will be provided by the Ferris Faculty and interns, see the attached flier for details.
- ❖ Tia Chi Demonstration and Information from the Arthritis Foundation, Michigan Chapter. The demonstration will take place at 9:30, and will provide an opportunity for you to experience this gentle form of exercise.
- ❖ Walking Warm-Ups by Natalie Rosenfield-McKee, from the Arthritis Foundation.
- ❖ Virtual Trail Walk by East Lansing Department of Parks, Recreation and Arts.
- ❖ Blood Pressure Checks by the L.C.C. Student Nurse Assoc.
- ❖ 2007 Walking Buddies picture board on display at the registration table.

## **LOOKING AHEAD, Saturday March 10<sup>th</sup>:**

- ❖ “Ways to Keep Moving” will be presented by the Capital Area District Library and UAW Local 602 GM Lansing Delta Township. Come and learn about places, programs and opportunities in our community where you can reach your fitness goals!
- ❖ Walking Warm-Ups by Debbie Hettler
- ❖ Virtual Walk by the Ingham County Parks
- ❖ Blood Pressure Checks by LCC Student Nurse Association

## **PRIZE DRAWINGS REMINDERS:**

- ❖ **Sign-in** for 8 of the 10 weekly Saturday walks & you'll be entered for the 3 grand prize drawings.
- ❖ **Submit** an activity log for 8 out of 10 weeks & you'll be registered for 3 special surprise gifts.
- ❖ **Many other prizes** will be given away at the March 17<sup>th</sup> Celebration.

## **FITNESS TIPS:**

Regular Physical Activity . . . (from the American Heart Association, Exercise Your Heart)

- ❖ Helps you be more productive at work.
- ❖ Increases your capacity for physical work.
- ❖ Builds stamina for other physical activities.
- ❖ Increases muscle strength.
- ❖ Helps your heart and lungs work more efficiently.