

**2008 Winter Warm-Up Update and News**  
**Week #6: Feb. 16**



**We are OVER the half way point in the 2008 Winter Warm-Up campaign!**

**178 walkers signed in** last Saturday, **plus 9 NEW registrants**, and hit the walking path! It was exciting to hear from Grand Ledge Mayor Kal Smith and Delta Township Supervisor Joe Drolett *who both said that the Mayors' Challenge is a great motivator to move more and eat better!* Joe told everyone that he was an occasional walker and since the *challenge* began he has been walking almost every day. Kal said that it has been normal for him to put on extra weight during the winter months, but since the *challenge* began, he walks almost daily and has not gained weight this winter. Thanks guys for 'setting an example' as we help to make our communities healthy, more active places in which to live!

**The Mayor's Challenge Update:** Shelley DuFort of Blue Cross Blue Shield of Michigan reported another great week of activity by all the *challengers*.

**Mayor Kal Smith is again in the lead!**  
**YOU GO KAL!!!**

**Dolly Grant from American Diabetes Association, Katie McKinley from Ingham County Health Department and representatives from Physicians' Health Plan** sponsored a terrific interactive display and learning opportunity for everyone on the increasing risk of diabetes. This included finger stick blood sugar testing; personal counseling; answers to questions on healthy eating habits; who is at risk; what are the symptoms etc.; plus handouts and a prize drawing.

**Please watch for the NEW date for the Nature Walk & Snowshoe Tour at Grand Woods Park**

**A Special Big Thanks to the following:**

- **Dolly Grant, American Diabetes Association** – “All About Diabetes”.
- **Katie McKinley, Ingham County Health Department** – “Ask a Dietitian a Question”
- **Physicians' Health Plan** for the random blood sugar screenings
- **Vic Randall, Ingham County Parks & Recreation** for the ‘virtual walk’
- **Gordon and Connie Swix, Okemos High School students and Doug Twiss** for helping with set up, sign in and registration.

**This week – Sat. Feb 23, @ 9:00 a.m. Lansing Mall, Center Court:**

- **Kal Smith, Grand Ledge Mayor** will join us for the morning walk.
- **The theme this week is *HAPPY, HEALTHY KIDS* – how about asking your children, grandchildren and others to join you this Saturday?**

- “*Mayor’s Winter Warm-Up Challenge*” Update
- **“Happy, Healthy Kids”** - Blue Care Network will have the Wheel of Wellness game, Frisbees, READY Kits (read, educate and develop youth) and more. Mandy Powers, from the Ingham County Health Dept. and the Ingham County Lead Coalition will have information about why lead screening for children is so important.
- *Virtual Walk & Game* - presented by the East Lansing Dept. of Parks & Recreation.
- *Blood Pressure Checks* – Lansing Community College Student Nurses

**Mark your calendars—Saturday, March 1<sup>st</sup>**

**You will not want to miss**

**JODI DAVIS**

**Blue Cross Blue Shield’s Walking Wellness Spokesperson  
RETURNS!**

**Reminder: Prize drawings on March 15th**

- **Dedicated Walker Contest:** Sign in for 8 out of the 10 weekly Saturday walks & you’ll be entered for the 3 grand prize drawings - \$150 Lansing Mall Gift Certificate, 3-month YMCA Family Membership, 1-month Michigan Athletic Club Membership
- **Activity Log Contest:** Present a completed Activity Log, which demonstrates 30 minutes of physical activity most days of the week - when you sign in for 8 out of the 10 weeks and you will be entered into drawings for 3 pairs of walking shoes.

**Please join us and register for the program  
at any Saturday walk at the Lansing Mall  
or by contacting Alicia at Playmakers – 349-3803  
or [Alicia@playmakers.com](mailto:Alicia@playmakers.com)**

**Health Tip: March is Colorectal Cancer Awareness Month**

**If you are over 50, please call for a  
FREE Colorectal Cancer Test Kit**

**Offer valid February 25 – March 31, 2008  
Call toll free 7 days a week, 24 hours - 1-866-696-4524**

**This kit could save your life!**

**Sponsored by Ingham Regional Medical Center & Great Lakes Cancer Institute**

**Share Your Personal Story**

**Personal stories about an individual’s journey to wellness can help to motivate others to make changes in their lifestyles. Please share your story with Alicia @ Playmakers – 349-3803 or [Alicia@playmakers.com](mailto:Alicia@playmakers.com)**