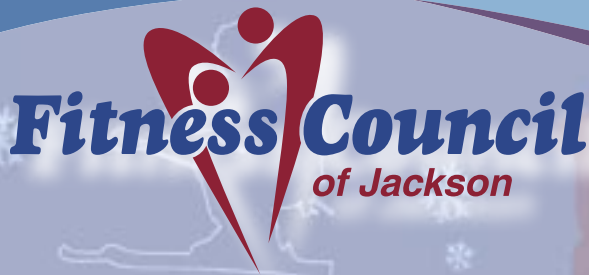


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# NEWSLETTER

## Winter Fitness:

Volume 1, Issue 3

### Not an impossible mission with these two resources

Is your New Year's resolution to start being more active? Or are you looking for ways to stay focused through the cold winter months? Winter has a lot of unique fitness opportunities that are often overlooked. People tend to focus on the negatives of winter: the cold, the wind, and the ice. While it is true we often have to modify our fitness routines to stay active all winter long it is just as important to exercise regularly during the winter months as during warmer weather.

Modifying our fitness routines for winter doesn't mean only exercising indoors. At the Fitness Council, we developed an

**Active Winter Calendar** full of tips for unique ways to shake up your (and your family's) winter routine and have fun being active outdoors. Another resource is the brand new **2006 Jackson Fitness Directory**. The directory lists everything from where the basketball courts are to who in town offers water aerobics.

You can find many suggestions for winter activities and both resources at the Fitness Council's website [www.fitnesscouncil.org](http://www.fitnesscouncil.org). It may be snowy, but there are lots of ways to shake up your winter fitness routine and stay active all winter long!



### Shovel your sidewalks!

Despite the snow the Safe Routes to School program is still working to make the walk to school a safer trip. Often when the sidewalk isn't shoveled students will walk in the road, which has been the cause of fatal accidents in other parts of the country. Next time it snows think about helping children walk safely to school and get out there and shovel!

### Jackson Area Events

#### January 28

Winter Golf  
& Chili Classic

#### February 4

Groundhog Gallop  
4 mile run, 5k walk

#### March 11

Holiday/St. Patrick's  
Hospice Run  
5k run, 5k walk, kid's sprint

#### April 15

Orthopaedic Rehab Run  
8k run, 5k walk, kids run

#### April 29

Family Service  
& Children's Aid  
5k run, 5k walk

#### April date TBA

Dahlem Center Frog Walk

Find more events  
and details at:

[www.fitnesscouncil.org](http://www.fitnesscouncil.org)

**Q:** How could answering three simple questions help the Fitness Council?

**A:** Answering the short survey at [www.fitnesscouncil.org](http://www.fitnesscouncil.org) about our plans for Smart Commute Day will not only help the Fitness Council plan an awesome event, but will earn you a prize. It couldn't be easier! Answer now-don't wait.

The Fitness Council of Jackson began in 1996 and currently aims to "lead our community to lifelong physical activity" through its support of quality physical education in schools and Project U-Turn (a Cool Cities initiative to increase walking and biking for transportation). The Fitness Council of Jackson is endorsed by the Governor's Council on Physical Fitness, Health, and Sports.

[www.fitnesscouncil.org](http://www.fitnesscouncil.org)

## CEO of Robert Wood Johnson Foundation Visits Jackson

### Executives Interested in Project U-Turn

Executives from the Robert Wood Johnson Foundation, the nation's largest healthcare philanthropy made a stop in Jackson this November to check out the achievements of Project U-Turn. Executive's rode in style aboard a Jackson Transportation Authority bus to view projects at Frost Elementary School and LifeWays as part of the effort to make it easier and safer to walk and bike in Jackson. The visitors saw new crosswalks, a pedestrian island, and many bike lanes as they traveled through Jackson. The Robert Wood Johnson Foundation has invested more than \$250,000 in Project U-Turn over the past three years through the Active Living by Design project and will be taking lessons learned in Jackson and other communities to help increase walking and biking nationwide.



From L to R: Pamela Russo RWJF, Randy McMunn City of Jackson, Kristin Hendricks Fitness Council, Risa Wilkerson Governor's Council on Physical Fitness, Risa Lavizzo-Mourey RWJF, Jim Marks, RWJF

#### Unique gear that inspires you to be active – get it before it's gone!

Try shopping at the **Fitness Council Store** for cool gear including messenger bags, pedometers, and one of a kind T-shirts. Don't be the only one in Jackson not sporting the Project U-Turn logo. Check it out at [www.fitnesscouncil.org](http://www.fitnesscouncil.org)!

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## A Win for Physical Education in Michigan

It is exciting to be a part of this process and see it work for the future health and well-being of Michigan youth.

*-Christine Lake  
Western Schools*

Part of the requirements for high school graduation recently passed by the Michigan Board of Education included requiring at least one credit of physical education and health in high school. While many schools in Jackson already surpass this recommendation local physical educators are thrilled that emphasis was placed on the need for students to have physical education class to not only prepare them for a life-time of health, but also to help achieve maximum academic achievement. Christine Lake, Western High School PE teacher said, "It is important to remember that our legislators are regular people who want to do what is right for our youth. They look to their constituents and to field professionals to present solid viewpoints and opinions based on facts to assist them in making informed decisions. It is exciting to be a part of this process and see it work for the future health and well-being of Michigan youth." Local PE teachers involved in the Fitness Council's Physical Educators' Network, a group that meets quarterly, supported the proposal by writing emails and making phone calls. Physical education is an important piece in the fight against childhood obesity and the Fitness Council supports PE teachers who are on the front lines teaching students the importance of physical activity.



## Project U-Turn Spotlight: Bill MacMillan



Traveling around Jackson on a nice day you might have seen Bill MacMillan bicycling on his recumbent bicycle all over town. Bill has been biking for more than 50 years starting with his paper route as a kid and now completing 100+ mile tours throughout the country. What is the secret to both his dedication and longevity in biking? Bill says, "I am much more likely to stick with it if someone else is waiting to ride with me." Having a friend to exercise with is one key and the other is having "a place to go-like when I bike. A place to go makes me much more likely to get on a bike and do it." In addition to biking, Bill participates in a variety of activities to stay healthy including rowing with the Lansing Oar and Paddle Club and walking. Bill explains that all of his efforts to stay active are "a great way to get the exercise I need and keep my diabetes under control." Bill also recommends signing up for an event and training for that event as one way to start being more active. Congratulations on being committed to being active and healthy Bill!

*Nominate someone you know who should be featured in Spotlights for making a healthy change in their lives.  
e-mail: [info@fitnesscouncil.org](mailto:info@fitnesscouncil.org)*