

Win With Wellness

Volume 1, Issue 02

September 08, 2017

Fit Club is back!

Win With Wellness Fit Club has once again, partnered with 14 elementary schools to bring health education opportunities to 3,800 students and to create additional physical fitness opportunities through its 100-mile challenge. Fit Club was the recipient of the 2017 Michigan Hospital Association Ludwig Community Benefit Award. The grant money from this award will help implement a new, exciting, in-school electronic mileage scanning program, EZ Scan™.

Fit Club Health Education

All students at our partnered schools receive four health related assemblies about important health topics. Baldwin, Walkerville, and Shelby schools will experience their second year of the program. Students will learn about the science behind happiness and how it takes 21 days to make a habit, the importance of consuming a rainbow of fruits and vegetables, how to build strong bones through healthy food choices and weight bearing exercise, and also how to be smart and don't start using tobacco or related products.

Custer, Hart, Pentwater, and Scottville schools will experience their third year of the program. Students will learn about the importance of hydration and how to choose the healthiest beverage, how to understand correct portion sizes when making food choices, the importance of eating healthy fats and brain boosting foods, and safety tips for water recreational activities.

For Ludington schools, this will be their fourth year of the program. Students will learn about germs and handwashing and illness prevention, good dental habits for keeping winning smiles, the importance of downtime, mindfulness and good sleep habits, and safe practices for engaging in wheeled recreational activities.

Fit Club 100 Mile Challenge

Students that wish to earn prizes and take our physical activity challenge may sign-up for our Fit Club 100 Mile

Challenge. Students are encouraged to walk or run 100 miles from September 2017 to May 2018. Students earn prizes every 10 miles! Completion of the challenge wins his/her name entered into a bicycle drawing. One bicycle winner will be drawn for each school!

Mileage Prizes and Perks

10 miles: Fit Club T-shirt:

- Free Admission to West Shore Community Recreation Center on Saturday Open Gym time + 1 supervising adult – Valid through 06/30/2018
- Free Admission to Fit Club Partnered Community Events runs listed on our Facebook page.

20 miles: silicone wristband

- Discount coupon to Snyder's Shoes

30 miles: water bottle

- \$1 off coupon to Sandcastles Children's Museum

40 miles: bookmark

- \$2 off coupon to Johnny's Skate Center - valid through 06/30/2018

50 miles: nylon sling bag

- Free Ice Skating at West Shore Community Center Ice Arena + 1 supervising Adult – valid through 6/30/2018

60 miles: color-changing mood pencil

- BOGO coupon to Ludington Area Jaycee's Mini-golf

70 miles: waterproof wallet

- Free Admission to West Shore Community Center Pool + 1 supervising Adult during open swim times – Valid through 6/30/2018

80 miles: clip-on sunscreen

- Coupon for free 9-holes of golf at Lakeside Links
- Coupon for free a bucket of balls and pretzel bites at Golden Sands Golf Course

90 miles: mystery prize!

100 miles: Olympic style medal

- 1 entry into the bicycle drawing

>100 miles:

- For every 25 miles above 100, student will receive an additional entry into the bicycle drawing for their school.

Last year, students walked **104,912.5 miles!** Let's see if we can beat it this year! Parents/guardians may register their students for Fit Club at this link:

<https://spectrumhealth.org/fitclub>

Fit Club will continue to offer engaging extracurricular programming and physical fitness opportunities through our partnerships with Chalkheadz Training Center, Flipstar Gymnastics, Ludington Area Catholic School, Ludington CrossFit, Lakeside Rehab and Family Fitness, Mason County District Library, and Project Focus.

By attending events, students gain physical fitness and earn mileage towards their Fit Club 100 Mile Challenge! They will also receive a free book for every four Fit Club programs attended at Mason County District Library.

For updates on Fit Club, follow Spectrum Health Ludington Hospital on Facebook:

www.facebook.com/SHLudingtonHospital

Upcoming Events

September

- Sept. 13 Scottville Library: 4 p.m. to 5 p.m.
Fit Club Kick-off! Join us for a healthy snack and learn about our Fit Club program. Free giveaway!
- Sept. 14 Ludington Library: 4 p.m. to 5 p.m.
Fit Club Kick-off! Join us for a healthy snack and learn about our Fit Club program. Free giveaway!
- Sept. 15 Ludington Area Catholic 3:15 p.m. to 4:15 p.m. *Friday Fit Club:* Meet at LAC playground to walk/run laps together. Parent/Guardian must be in attendance.
- Sept. 16 Flipstar Gymnastics Free Open Gym for "National Gymnastics day"
2 p.m. to 2:45 p.m.: Students ages 2 to 6 years old- Limit 30 students-first come, first serve (ages 2 and 3 must be accompanied by an adult)
3 p.m. to 4 p.m.: Students ages 7 to 17-limit 50 students
- Sept. 16 Lakeside Rehabilitation Family Fitness
Fit Club Martial Arts Class: noon to 1 p.m.
- Sept. 20 Scottville Library: 4 p.m. to 5 p.m.
Garden Harvest Salsa Making: Students will be making salsa from the library garden.
- Sept. 21 Ludington Library: 4 p.m. to 5 p.m.

Bee Healthy: Walking field trip to explore how bees help plants to produce.

- Sept. 22 Ludington CrossFit: 3:30 p.m. to 4:15 p.m.
Fit Club Fitness Class: Fun exercise games with Ludington CrossFit staff.
- Sept. 23 Lakeside Rehabilitation Family Fitness
Fit Club Martial Arts Class: noon to 1 p.m.
- Sept. 27 Scottville Library: 4 p.m. to 5 p.m.
Disc Golf @ Riverside Park
- Sept. 28 Ludington Library: 4 p.m. to 5:15 p.m.
"Swing into Health" with a field trip to Lakeside Links with golf pro Scott Ashley
- Sept. 29 Ludington Area Catholic 3:15 p.m. to 4:15 p.m. *Friday Fit Club:* Meet at LAC playground to walk/run laps together. Parent/Guardian must be in attendance.
- Sept. 30 Lakeside Rehabilitation Family Fitness
Fit Club Martial Arts Class: noon to 1 p.m.

October

- Oct. 4 Scottville Library: 4 p.m. to 5 p.m.
Jump into Health: Jump rope skills for cardiovascular fitness
- Oct. 5 Ludington Library: 4 p.m. to 5 p.m.
Jump into Health: Jump rope skills for cardiovascular fitness
- Oct. 6 Ludington Area Catholic 3:15 p.m. to 4:15 p.m. *Friday Fit Club:* Meet at LAC playground to walk/run laps together. Parent/Guardian must be in attendance.
- Oct. 7 Lakeside Rehabilitation Family Fitness
Fit Club Martial Arts Class: noon to 1 p.m.
- Oct. 11 Ludington Library: 4 p.m. to 5:30 p.m.
Apple Picking Field Trip: Meet at the library. Kids may ride Dial-a-ride or be transported by their parent/guardian to Christofferson Farms.
- Oct. 12 Ludington Library: 4 p.m. to 5 p.m.
Farm to Table: Applesauce Making
- Oct. 13 Ludington Area Catholic 3:15 p.m. to 4:15 p.m. *Friday Fit Club:* Meet at LAC playground to walk/run laps together. Parent/Guardian must be in attendance.

- Oct. 14 Lakeside Rehabilitation Family Fitness
Fit Club Martial Arts Class: noon to 1 p.m.
- Oct. 18 Scottville Library: 4 p.m. to 5 p.m.
Frisbee Fitness Games
- Oct. 19 MCC Cross Country Monster Mile
Free. Festive attire encouraged. Time and location TBA.
- Oct. 20 Chalkheadz Training Center: 3:30 p.m. to 4:15 p.m. *Fit Club Fitness Class*: A combo class of gymnastics, ninja fitness and more with the Chalkheadz Training staff.
- Oct. 21 Lakeside Rehabilitation Family Fitness
Fit Club Martial Arts Class: noon to 1 p.m.
- Oct. 24 Free Cardinal Classic 1 mile fun run! Hosted by Mason County Eastern School 4:15 p.m.
- Oct. 26 Ludington Library: 4 p.m. to 5 p.m.
Frisbee Fitness Games
- Oct. 28 *Run for Your Lives 5k/10k* Ludington 10 a.m.
Free for Fit Club students.
<http://downtownludington.org/runludington>
- Oct. 28 Lakeside Rehabilitation Family Fitness
Fit Club Martial Arts Class: noon to 1 p.m.

November

- Nov. 1 Scottville Library: 4 p.m. to 5 p.m.
Marble Mania: Join us for a healthy snack and marble games.
- Nov. 2 Ludington Library: 4 p.m. to 5 p.m.
Shaun T Fitness: Join us for a healthy snack, and fitness video.
- Nov. 3 Ludington Area Catholic 3:15 p.m. to 4:15 p.m. *Friday Fit Club*: Meet at LAC playground to walk/run laps together. Parent/Guardian must be in attendance.
- Nov. 4 Lakeside Rehabilitation Family Fitness
Fit Club Martial Arts Class: noon to 1 p.m.
- Nov. 8 Scottville Library: 4 p.m. to 5 p.m.
Busy Body Fitness Games: Join us for a healthy snack and fitness games.
- Nov. 9 Ludington Library: 4 p.m. to 5 p.m.

WERQ Fitness: Cardio-dance work-out led by fitness instructor Cara Mitchell

- Nov. 11 Lakeside Rehabilitation Family Fitness
Fit Club Martial Arts Class: noon to 1 p.m.
- Nov. 15 Scottville Library: 4 p.m. to 5 p.m.
Jump in to Fitness: Join us for a healthy snack and learn Chinese rump rope skills.
- Nov. 16 Ludington Library: 4 p.m. to 5 p.m.
Jump in to Fitness: Join us for a healthy snack and learn Chinese rump rope skills.
- Nov. 17 Ludington CrossFit: 3:30 p.m. to 4:15 p.m.
Fit Club Fitness Class
- Nov. 18 Lakeside Rehabilitation Family Fitness
Fit Club Martial Arts Class: noon to 1 p.m.
- Nov. 23 Win With Wellness Turkey Trot 5k 8 a.m.
Located at Cartier Park (Rath/Bryant Rd. parking area). Free for all participates. Festive attire encouraged.
- Nov. 29 Ludington Library: 4 p.m. to 5 p.m.
Pool Noodle Ball: Join us for a healthy snack and get active with pool noodle ball!
- Nov. 30 Scottville Library: 4 p.m. to 5 p.m.
Pool Noodle Ball: Join us for a healthy snack and get active with pool noodle ball!

December

- Dec. 2 Lakeside Rehabilitation Family Fitness
Fit Club Martial Arts Class: noon to 1 p.m.
- Dec. 9 Lakeside Rehabilitation Family Fitness
Fit Club Martial Arts Class: noon to 1 p.m.
- Dec. 16 Lakeside Rehabilitation Family Fitness
Fit Club Martial Arts Class: noon to 1 p.m.
- Dec. 6 Scottville Library: 4 p.m. to 5 p.m.
Fort Building Fun: Join us for a healthy snack and some indoor fun building, sheet forts and having fun!
- Dec. 7 Ludington Library: 4 p.m. to 5 p.m.
Fort Building Fun: Join us for a healthy snack and some indoor fun building, sheet forts and having fun!
- Dec. 13 Scottville Library: 4 p.m. to 5 p.m.
Pretzel Yoga: Join us for a healthy snack and yoga fitness session.

- Dec.14 Ludington Library: 4 p.m. to 5 p.m.
Pretzel Yoga: Join us for a healthy snack and yoga fitness session.

Event Locations

- Chalkheadz Training Center
702 S. James Street
Ludington, MI
(231) 843-8007
<http://www.chalkheadz.com/>
- Flipstar Gymnastics
5909 W US Highway 10
Ludington, MI 49431
(231) 845-1385
<http://www.flipstargym.com/>
- Ludington Area Catholic School
700 E. Bryant Rd.
Ludington, MI 49431
(231) 843-3188
<http://lacschool.com/>
- Ludington CrossFit
311 S. Rath Ave.
Ludington, MI 49431
(231) 907-9616
<http://ludingtoncrossfit.com/>
- Lakeside Family Fitness and Rehabilitation
39 S. State Street
Hart, MI 49420
(231) 873-3566
<http://lakesiderehab.com/fitness/>
- Mason County District Library:
Ludington Library
217 E. Ludington Ave.
Ludington, MI 49431
(231) 843-8465

Scottville Library
204 E. State St,
Scottville, MI 49454
<http://www.masoncounty.lib.mi.us>
- Lakeside Links
5369 W. Chauvez Rd.
Ludington, MI 49431
(231) 843-3660
<http://www.lakesidelinks.com/>
- Ludington Area Jaycees Mini-Golf
900 W. Ludington Ave.
Ludington, MI 49431
(231) 843-4663
<http://www.ludingtonareajaycees.org/>
- Johnny's Skate Center
2276 US-10
Custer, MI 49405
(231)-843-4663
<https://www.johnnyskatecenter.com/>
- Sandcastles Children's Museum
129 E. Ludington Ave.
Ludington, MI 49431
(231) 233-9326
<http://www.sandcastleschildrensmuseum.com/>
- Snyder's Shoes of Ludington
101 E. Ludington Ave
Ludington, MI 49431
(231)843-4663
<http://snydersshoes.com/>
- West Shore Community College Recreation Center and Pool
3000 N. Stiles Rd.
Scottville, MI 49454
(231) 843-5900
http://www.westshore.edu/community/recreation/recreation_center/index.html
- West Shore Community Ice Arena
3000 N. Stiles Rd.
Scottville, MI 49454
(231) 843-9712
http://www.westshore.edu/community/recreation/ice_arena/index.html

Perks and Coupon Locations

- Golden Sands Golf
2501 Wilson Rd.
Mears, MI 49436
(231) 873-4909



2016-2017 Bicycle Winners

- Baldwin Elementary School
Gurleen Multani
- Covenant Christian School
Abigail Bandstra
- Foster Elementary School
Ty Reed
- Franklin Elementary School
Kira Rawlings
- Lakeview Elementary School
Khloe Wachowski
- Ludington Area Catholic School
Liam Torrez
- Mason County Central Upper Elementary School
Gavin Cory
- Mason County Eastern School
Kole Damkoehler
- New Era Elementary School
Catalina Strong
- Pentwater Public School
Jayden Burke
- Scottville Elementary School
Ayva Hickenbottom
- Spitler Elementary School
Anastasia Beattie
- Thomas-Reed Elementary School
Jayna Burmeister
- Walkerville Public School
Patrick Reynolds

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