

Win With Wellness

Volume 2, Issue 04

May 1, 2019

Fit Club is wrapping up

Throughout the year, students have learned about various topics focusing on helping themselves improve their physical, emotional and nutritional wellbeing. All the while, they have been earning miles through physical activity.

2,247 students, 65-percent of all students, have enrolled in our Fit Club 100 Mile Challenge! They have collectively logged **70,750 miles** of physical activity. That is the same as traveling around the Earth three times, to Washington D.C. 94 times, or to the Mackinaw Bridge 325 times. Congratulations to all the kids who worked hard to earn this amazing amount of miles!

Students who have actively earned 100 miles or more are eligible to be entered into a bicycle drawing. One winner will be drawn from each of our 14 schools. Winners will be announced at our **Fun Friday event on May 31 from 5 p.m. to 7 p.m.**

The announcement of the bike winners will not be the only exciting thing of the night. There will be many activities including face painting, bubble blowing, rides on the Baby Badger and more.



For updates on Fit Club, follow Spectrum Health Ludington Hospital on Facebook:
www.facebook.com/SHLudingtonHospital

Amazon gift card classroom leader board

Students have been working hard to help their classroom win a \$100 Amazon gift card; a new incentive for this year. The classroom with the most miles from each school will win a gift card to be used towards classroom supplies!

Listed below are classrooms with the most miles for each school as of April 22:

School	Class	Miles
Baldwin	Miller	434.5
Covenant Christian	Tyndall	294.65
Foster	Hatch	1149.30
Franklin	Ruboyianes	989.04
Lakeview	Hanson	1942.78
Ludington Area Catholic	Allard	1085.04
Mason County Eastern	Kelly	839.78
MCC Upper	Danielson	987.04
New Era	McLouth	414.03
Pentwater	Macher	1271.05
Scottville Elementary	Morin	862.53
Spitler	VanAgtmael	682.25
Thomas Read	Patterson	462.04
Walkerville	Walker	702.02

Thank you to all the students, teachers, parents and Fit Club partners who helped to make this program successful. The Fit Club team is already looking forward to making the 100 Mile Challenge successful again during the 2019-2020 school year.

Don't miss our great Fit Club summer programs

June

- June 18 - Scottville Library: 4 p.m. to 5 p.m. *Kicking Good Time*: Soccer skills lesson. Meet at MacPhail Field.
- June 19 - Ludington Library: 12:30 p.m. to 2 p.m. *Watch Me Grow*: Gardening Tips and Basics.
- June 25 - Scottville Library: 4 p.m. to 5 p.m. *Riverside Park Swimming Pool Fun*: Enjoy some swimming and learn about water safety. Meet at Riverside Park.
- June 26 - Ludington Library: 12:30 p.m. to 2 p.m. *Come Sail Away with Me*: Field trip to the Ludington Yacht Club. Meet at the Ludington Library.

July

- July 9 - Scottville Library: 4 p.m. to 5 p.m. *Rock of Ages*: Rock art fun, introduction to rock tumbling and rock and roll music.
- July 10 - Ludington Library: 12:30 p.m. to 2 p.m. *Gaga for Gaga Ball*: Foster school playground. Meet at the Ludington Library.
- July 16 - Scottville Library: 4 p.m. to 5 p.m. *Letter Writing 101 and Post office Visit*: Discover the joy of letters and other mail.
- July 17 - Ludington Library: 12:30 p.m. to 2 p.m. *Letter Writing 101 and Post Office Visit*: Discover the joy of letters and other mail.
- July 23 - Scottville Library: 4 p.m. to 5 p.m. *Riverside Park Swimming Pool Fun*: Enjoy some swimming and learn about water safety. Meet at Riverside Park.
- July 24 - Ludington Library: 12:30 p.m. to 2 p.m. *Walk, Play and be Fit*: Exciting walk to the Waterfront Park. Meet at the Ludington Library.
- July 30 - Scottville Library: 4 p.m. to 5 p.m. *Throw your Health to New Heights*: Riverside Park rock hiding and disc golf.
- July 31 - Ludington Library: 12:30 p.m. to 2 p.m. *Walking to a Healthy You*: Big Sable Point

Lighthouse adventure. Meet at the Ludington Library.

August

- August 6 - Scottville Library: 4 p.m. to 5 p.m. *Come and Play the Classic Way*: Bubbles, hopscotch, jump rope and more. Meet at MacPhail Field in Scottville.
- August 7 - Ludington Library: 12:30 p.m. to 2 p.m. *Walking to a Healthy You*: Join us to explore the new playground at the Ludington State Park.
- August 13 - Scottville Library: 4 p.m. to 5 p.m. *Kayak/ Paddleboard Galore*: Learn to kayak and paddleboard with kayak Instruction by Aleshia. We will meet at Paddlesports Warehouse in Scottville.
- August 14 - Ludington Library: 12:30p.m to 2 p.m. *Yard Games and More*: Croquet, bocce ball, horseshoes and corn hole.
- August 20 - Scottville Library: 4 p.m. to 5 p.m. *Sushi with the Pro*: Make and eat sushi with a chef from the Blu Moon Bistro.
- August 21 - Ludington Library: 12:30 p.m. to 2 p.m. *Pump it Up to Health with a Field Trip to the Ludington Pump Storage Plant Observation Deck*: Scooters and skateboards are encouraged. Meet at the Ludington Library.
- August 27 - Scottville Library: 4 p.m. to 5 p.m. *Riverside Park Swimming Pool Fun*: Enjoy some swimming and learn about water safety. Meet at Riverside Park.
- August 28 - Ludington Library: 12:30 p.m. to 2 p.m. *Slip and Slide Your Way to a Cool and Fit Summer*: Be prepared to get wet!

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