

Step Up & Scale Down with New 12-Week Program

This is the time of year when everyone seems to be saying to themselves “maybe I should try to start exercising or dieting.” Just in time for your New Year’s resolution of a healthy lifestyle, the local Texas A & M AgriLife Extension Service office is launching Step Up & Scale Down, a new 12-week weight management program to help the public in their efforts.

The series will kick off Monday, February 4, 2013 at the Texas AgriLife Extension Conference Center. Classes will be held from 12:00 noon to 1:00 p.m. for twelve consecutive Mondays. Step Up & Scale Down is a great program to do with a friend or family member. It is always easier to reach your goals when you have additional support.

The program will consist of weekly lessons to help participants move toward a healthier weight and will include a weekly weight check-in, weekly challenge to “stay the course,” Dinner Tonight! healthy recipes and tips, exercise resources, and a weight-loss planner. The twelve sessions include: Scale Down by Setting Goals, Step Up to a Healthy Plate, Scale Down by Label Reading, Step Up to Breakfast and Menu Planning, Scale Down with Moves to Lose, Step Up Your Hydration, Scale Down by Finding your Motivational Mojo, Step Up to Healthy Snacking, Scale Down with a Colorful Plate, Step Up to Successful Socializing, Scale Down by Knowing Your Numbers, and Step Up and Celebrate.

The Step Up & Scale Down program is based on the USDA 2010 Guidelines, which is intended to help Americans choose a healthful eating plan. Step Up & Scale Down is a researched based program that has proven success in weight management and building healthy lifestyle habits.

Cost for the 12-week program is \$30.00 which includes all course materials. Pre-registration is available until Monday, January 28, 2013 by contacting Texas AgriLife Extension Service, at 903-473-4580 or email at Rains-TX@tamu.edu. Educational programs of Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.