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## **Wise Notes for Consumers**

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### **Step Up & Scale Down With 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 Wise County Extension office is launching Step Up and Scale Down, a 12 week weight management program to help the public in their efforts.

The series will kick off Tuesday, January 22 at the Wise County Extension office meeting room located at 206 S. State Street, Decatur. Classes will be held from 12-12:45 pm for twelve consecutive Tuesdays. “Step Up & Scale Down is a great program to do with a friend or family member.

The program will consist of weekly lessons to help participants move toward a healthier weight and includes a weekly weight check-in, weekly challenge to “stay the course,” exercise resources and a weight-loss planner. A special feature includes recipe samples and ideas for healthy meal prep using several methods including pressure cookers and air fryers. 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

*Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national orientation. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.*

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 Dietary Guidelines, which are intended to help Americans choose a healthful eating plan.

Cost for the 12-week program is \$40 which includes all course materials. Call 940-627-3341 today to reserve your spot and get on track to a healthier you.

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