Step Up & Scale Down classes to kick off soon

Texas A&M AgriLife Extension-Rusk County, Texas Department of State Health Services-Rusk County, and Rusk County L.E.A.N. Coalition would like to announce the kick-off of the "Step Up & Scale Down" Program. Classes will begin on September 10th, at 6 pm in the Rusk County Extension Office Meeting Room, 115 East Fordall Street, Henderson, Texas. Classes will be held each Thursday's for 12 weeks (except for the week of Thanksgiving).

Step Up & Scale Down is a great program to do with a friend or family member as it is always easier to reach your goals when you have additional support. The program consists of weekly one hour lessons featuring different speakers each week to help participants move toward healthier weight and includes 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 12 sessions include: Scale Down

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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 Dietary Guidelines, which are intended to help Americans choose a healthful eating plan. "Step Up & Scale Down" is a research-based program that has proven success in weight management and building healthy lifestyle habits.

For more information and to register for the free program, please contact the Liz at the Rusk County Extension Office 903-657-0376 or Debbie McCoy-Rusk County Health Coordinator at 903-655-0280.

Educational programs of Texas A&M AgriLife Extension are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information or veteran status.