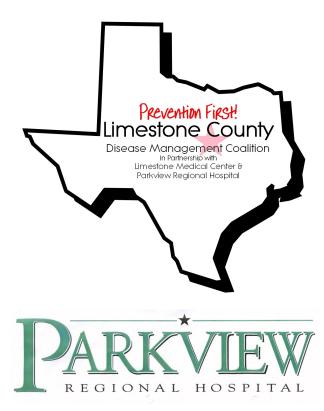
**Step Up and Scale Down Sponsors:** 



Vanessa Casad
County Extension Agent



in partnership with Parkview Regional Hospital

Find out how you can

# Step Up & Scale Down

Call your county office of the Texas A&M AgriLife Extension Service

Vanessa Casad County Extension Agent 200 West State Street, G-14 Groesbeck, Texas 76642

Phone 254-729-5314

Email: vanessa.casad@ag.tamu.edu

## Or visit us online at:

Limestone.agrilife.org

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



## Step Up &



## Scale Down

A 12-week program
to help you move toward a
healthier weight
and meet your goals
for living a healthy lifestyle.

Step Up & Scale Down is a 12week educational program
based on the USDA 2010 Dietary Guidelines, which are intended to help Americans
choose a healthful eating plan
within their calorie requirements to achieve and maintain
a healthy weight. The Dietary
Guidelines provide sound scientific information about how
proper dietary habits can promote health and reduce risk for



major chronic diseases.

### **Class Series:**

Tuesdays beginning Jan. 14, 2014 at 5:30 to 6:30 pm

#### Location:

Parkview Regional Hospital, Tommy Flatt Community Education room Call to register by Jan. 13



## Weekly Sessions

- 1. Scale Down by Setting Goals
- 2. Step up to a Healthy Plate
- 3. Scale Down by Label Reading
- 4. Step Up to Breakfast and Menu Planning
- 5. Scale Down with Moves to Lose
- 6. Step up Your Hydration
- 7. Scale down by Finding
  Your Motivational Mojo
- 8. Step up to Healthy Snacking
- 9. Scale Down with a Colorful Plate
- 10. Step up to Successful Socializing
- 11. Scale Down by Knowing
  Your Numbers
- 12. Step Up and Celebrate!

Do you feel the need to...

Step Up & Scale Down in your life?

Free classes for High-Risk individuals.

High-risk is defined as:

♦ Healthy, age 65 or older

Or living with: 

Chronic Asthma

Sickle Cell ◆ Cirrhosis ◆ Chronic Bron-

chitis ◆ Obstructive Lung Disease ◆

Heart Disease ◆ Diabetes ◆ Smoking ◆

Cancer ◆ Alcoholism ◆ Anxiety ◆ De-

pression • Mental Illness • Organ

Transplant ◆ Long-term Steroid Use ◆

Leukemia ◆ Hodgkin's Disease ◆ Sub-

stance Abuse ◆ Living in Long-Term

Care Facility