

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

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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 12-week 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



StepUp&ScaleDown

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 Bronchitis ♦ Obstructive Lung Disease ♦ Heart Disease ♦ Diabetes ♦ Smoking ♦ Cancer ♦ Alcoholism ♦ Anxiety ♦ Depression ♦ Mental Illness ♦ Organ Transplant ♦ Long-term Steroid Use ♦ Leukemia ♦ Hodgkin's Disease ♦ Substance Abuse ♦ Living in Long-Term Care Facility