Start Off Your New Year Healthy!

Join us for Step Up & Scale Down!!!

Just in time for your New Year's resolution for a healthy lifestyle, the Limestone County Texas A&M AgriLife Extension Service office is launching a new 12-week weight management program, in January 2014. The program consists of:

- weekly lessons to help you manage your weight,
- a weekly weight check-in,

TEXAS A&M

- a weekly challenge to help you "stay the course,"
- Dinner Tonight! healthy recipes, and
- incentives and/or door prizes.

Class Information:

- First class is on January 14, 2014
- Registration and Weigh-in begins at 5:30 PM.
- Location: Parkview Regional Hospital, Tommy Flatt Community Education Room

Sign-up deadline is January 13, 2014.

Free classes for High-Risk individuals.

High-risk is defined as:
Healthy, age 65 or older

Or living with:
Chronic Asthma
Sickle Cell
Cirrhosis

ease
Diabetes
Smoking
Cancer
Alcoholism
Anxiety

◆ Depression ◆ Mental Illness ◆Organ Transplant ◆ Long-

term Steroid Use • Leukemia • Hodgkin's Disease • Sub-

stance Abuse +Living in Long-Term Care Facility

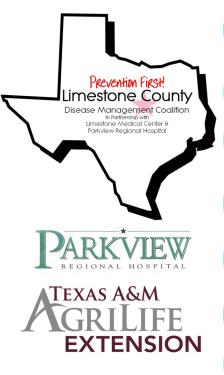
For more information, contact:

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Program sponsored by the Limestone County Disease Management Coalition and Texas A&M AgriLife Extension in partnership with Parkview Regional Hospital.



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. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.



Simple Tips to Include Activity in Your Day

- * **Park farther away.** Rather than driving around looking for the closest parking spot, burn calories by parking farther away from stores or your work entrance!
- * **Clean house.** Cleaning just a couple of rooms each day can help you burn around 80 calories for your 15 minutes of work.
- * **Take the stairs.** Taking the stairs is good for strengthening your knees and legs, as well as your cardiovascular system. Take one flight at a time to avoid overdoing it at first.
- * **Adopt an "activity" buddy**. It adds a great social element and helps you "stick to it" over the long run.
- * Take along a canine buddy. Help yourself and your furry friend, too.



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