

# TEXAS A&M AGRI LIFE EXTENSION

For more information contact:

Meredith Henry

102 Tam Road, Suite B

Huntsville, TX 77320

(936)435-2426

[mdhenry@ag.tamu.edu](mailto:mdhenry@ag.tamu.edu)

And visit our Facebook page to get the

latest updates from our office

[www.facebook.com/WalkerCoTxAgriLife](http://www.facebook.com/WalkerCoTxAgriLife)

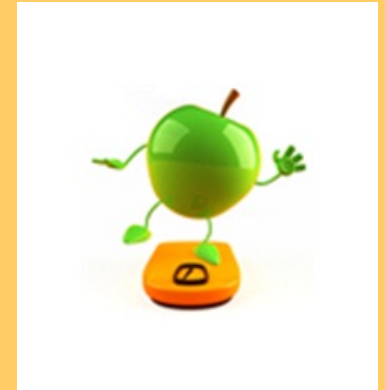


Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.



Make a move  
in 2013  
towards a  
Healthier  
You!

## 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.

Sign-Up for the series that starts  
February 6, 2013 Today!!!



StepUp&ScaleDown

Do you feel the need to...

## Step Up & Scale Down

in your life?

Step Up & Scale Down is a 12 week educational program based on the USDA 2010 Dietary Guidelines which is 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.

### 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

### Class Series:

**When:** Every Wednesday  
for 12 Weeks!!!

**Where:** The Walker County  
Annex, Room 101

**Time:** 11:30AM– 1:00 PM

**Cost:** \$30 for 12 lessons &  
handouts

## Sign Me Up!

\_\_\_\_\_ Yes - Register me for the 12 week class series that begins February 6, 2013.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Zip Code \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Please fill out the form above.  
Submit form and \$30 registration fee to:  
Walker County FCS  
102 Tam Road, Suite B  
Huntsville, TX 77320

Registration deadline is Jan. 31, 2013.