

'A Healthier Weigh' program begins Jan. 25

Written by Holyoke Enterprise

The 2010 "A Healthier Weigh" program sponsored by Golden Plains Area Extension begins Monday, Jan. 25. This 12-week challenge encourages increased activity, making wise food choices, and living a healthier lifestyle in 2010.

The challenge is conducted with teams of four adults. Participants weigh-in as a team at the beginning of the challenge so there are no individual weights recorded. At weigh-in, each participant receives a pedometer to keep track of daily activity and details on how to access weekly information on health, nutrition and fitness from the Golden Plains Area Extension website.

Through increased activity and making wise food choices, individuals in previous years have lost an average of four percent of their beginning weight.

Since the program promotes overall health and fitness and not just weight loss, there are not weekly weigh-ins. A team weigh-out will be held at the end of the 12 weeks.

During the 12-week challenge, teams earn points for activity recorded and questions completed from the weekly information. Points are also earned for weight loss based on a percentage of the team's original weight. At least 25 percent of registration fees will be returned as cash prizes at the conclusion of the challenge.

To learn more about the 2010 "A Healthier Weigh" challenge, contact the Yuma County Extension Office at 970-332-4151, the Phillips County Extension Office at 854-3616, or go to the Extension website www.goldenplains.colostate.edu for guidelines and entry form.