

## **A Healthier Weigh challenge set to begin Monday, Jan. 14**

Written by Holyoke Enterprise

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The 2013 “A Healthier Weigh” challenge begins Monday, Jan. 14. This 12-week challenge encourages increasing activity, making wise food choices and living a healthier lifestyle in 2013.

This is the second year for the challenge in Phillips County, with 50 participating the first year.

The challenge is conducted with teams of four adults who must be at least 18 years of age. Participants weigh in as a team at the beginning of the challenge in order to goal set and monitor progress. At weigh-in, each participant receives a pedometer to keep track of their daily activity. Teams will earn points for the total steps of activity recorded each week.

Participants receive a password to access weekly information on the Extension website about nutrition, health and fitness. For 2013, the website information and recommended learning activities are totally new. The 2013 materials focus on making small changes toward health and fitness along with some information on how those positive changes can also impact financial well-being.

The three-part series, Small Steps to Health and Wealth, will be offered to participants, as well as the community, to get a head start on learning the benchmarks for good nutrition, fitness and financial well-being.

During the hour and a half sessions, participants will have the time to do hands-on activities to help them compare their current behavior with the benchmarks and then make progress toward small changes in those areas.

The first session, titled “Where am I now,” begins Jan. 7. The second session will be held Jan. 10 and focus on “Finding Balance.” The third session Jan. 14 will discuss “The Past, Present and Future.” All classes will take place at the Phillips County Event Center from 6:30-8 p.m.

Through increased activity and making wise food choices, individuals in previous years have lost an average of 4 percent of their beginning weight and 6.5 percent of their beginning waist

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circumference. Since the program promotes overall health and fitness and not just weight loss, weekly weigh-in is not required. Teams will weigh out the week of April 8.

Besides earning weekly points for reporting total teams steps, teams earn points for weight loss based on a percentage of the team's original weight and for percent of waist circumference inches lost by the team. At least 50 percent of registration fees will be returned as cash prizes at the conclusion of the challenge.

The registration fee will be the same as last year. Registration and weigh-ins will be conducted Jan. 7-11 at the Extension office from 5-6:30 p.m.

To learn more about the 2013 "A Healthier Weigh" challenge or about the Small Steps to Health and Wealth series, contact Tracy Trumper at Phillips County Extension at 854-3616 or email her at [tracy.trumper@colostate.edu](mailto:tracy.trumper@colostate.edu).

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