

A Healthier Weigh challenge starts in time for New Year's resolutions

Written by Holyoke Enterprise
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The 2014 "A Healthier Weigh" challenge begins with teams weighing in Monday-Friday, Jan. 6-10. This 12-week challenge encourages increased activity, making wise food choices and living a healthier lifestyle in 2014.

This is the fourth year for the challenge in Phillips County and the emphasis will be on increasing personal fitness to improve and maintain health. There will be some bonus challenges related to physical activity and fitness.

The challenge is conducted with teams of four adults who must be at least 18 years of age. There will again be a separate category for individual participants. At weigh-in, each participant receives a pedometer to keep track of their daily activity. Teams and individuals will earn points for the total miles of activity recorded each week.

Participants receive a password to access weekly information on the Extension website about nutrition, health and fitness. For 2014, the website information and recommended learning activities are totally new. The 2014 materials focus on making small changes towards health and fitness along with some added fitness challenges for individuals and teams.

To read the full story, call us about an e-Subscription. 970-854-2811

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