GENERAL OBJECTIVES

Through this weight control program, participants will:

- change eating and activity patterns leading to permanent weight control;
- prepare and eat food with less fat, sugar and sodium;
- practice new problem solving skills for weight loss challenges;
- develop group support for weight loss and maintenance;
- prevent and control chronic diseases.

- each member will be encouraged to sign up for Walk GA to help keep a log of their physical activity program.

Walk-a-Weigh is an award-winning program offered by the University of Georgia Cooperative Extension. In just a few short weeks you can learn the skills for permanent weight loss and good health. The program is inexpensive, fun and effective. Just a few changes in your eating and activity habits can have a BIG IMPACT on your health and well-being for a lifetime.

Walking for just 10-15 minutes after each meal can make a huge difference.

http://www.walkgeorgia.org/
Why should I participate?
The Walk-a-Weigh Program is a series of lessons that will teach you how to make the changes you want to make to achieve permanent weight control. Your local Extension agent will offer a different class each week to provide you with the skills to improve your food intake, become more physically active and adopt the health habits that will allow you to stay happy and healthy for a long time. Each class also includes educational handouts and activities that will reinforce what you have learned.

CLASS TOPICS
February 1: You Can Succeed at Weight Loss
February 8: Where Can You Cut Extra Calories & Jump Start Your Activity Plan
February 15: Feeling Full with Fruits and Veggies & Nutrition Label
February 22: Change those Recipes & Water: The Essential Nutrient
March 1: Take Charge of Wants Around You

Why is there a cost?
The $10.00 registration fee will go to hold your spot in the class, pay for the notebook and copies from each lesson, and tastings that will be supplied in some if not all the classes. The registration fee is non-refundable and will only be returned if the program is cancelled due to lack of participation.

Deadline to register for the class is Friday, January 29, 2016.

Mail checks with registration form, and make all checks payable to the Ware County Extension.

Questions? Contact
Heidi Flowers
Ware County Family & Consumer Sciences Agent
Phone: 912-287-2456
heidif@uga.edu

WALK A WEIGH
5 Week Weight Loss Program
(Please PRINT and complete with PEN.)

NAME:_______________________________________
MAILING ADDRESS:_________________________
EMAIL:_____________________________________
PHONE:______________________________
REGISTRATION $10.00
TOTAL PAID: ______________________
RECEIPT NUMBER: ____________

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