



## **Register Now for the 2013 Healthier Weigh Challenge**



If you are contemplating New Year's Resolutions to lose weight or improve your health and your finances, now you can get some help with those resolutions. The 2013 "A Healthier Weigh" program, sponsored by Colorado State University Extension, begins the week of January 7<sup>th</sup>. This 12-week challenge encourages increased physical activity, making wise food choices, and living a healthier lifestyle in 2013. All new lessons will offer a bonus feature of applying some of the same behavior modification strategies to also help you improve your finances.

Teams consisting of four adults – or individual participants, must weigh-in at the beginning of the challenge and pick up their program packet. At the county weigh-in each participant receives a new pedometer (that even works in a pocket) to keep track of daily activity, with the goal of increasing their activity levels through exercise and lifestyle changes. If participants have a conflict with the county weigh-in date, they may make alternate arrangements with the coordinating Extension agent to weigh-in before Friday, January 11<sup>th</sup>.

Participants will also be given a tape measure to record waist measurement changes during the challenge. High waist circumference is associated with increased risk of type 2 diabetes, hypertension, and cardiovascular disease.

Team members also receive details on how to access weekly information on health, nutrition and fitness from an Extension website. Again, the goal is to educate and learn to make lifestyle changes that may gradually improve one's nutrition, health and wealth.

Through increased activity and making wise food choices, individuals in previous years have lost an average of 5 percent of their beginning weight and a 6 percent reduction in waist circumference. Since the program promotes overall health and fitness and not just weight loss, there are NOT weekly weigh-ins. A program weigh-out will be held at the end of the 12 weeks in April. Again, if needed an alternate weigh-out time will be arranged.

During the 12 week challenge, teams earn points for physical activity by recording and reporting their daily step count. Participants also answer a few questions on each weekly lesson

completed from website information. Points are also earned for weight loss and reductions in waist measurements based on a percentage of the team's original weight and waist totals.

Registration fees are \$40 per individual or \$160 per team. Entry fees, less the cost of program materials, are jackpotted back for prizes. In lieu of each participant receiving a t-shirt or book, this year more money from the registration fees will be returned as CASH prizes at the conclusion of the challenge.

To learn more about the 2013 "A Healthier Weigh" challenge, contact the follow Extension agents for guidelines and entry form:

Washington County - at 970-345-2287 or email [gisele.jefferson@colostate.edu](mailto:gisele.jefferson@colostate.edu)

Kit Carson and Yuma Counties - at 970-332-4151 or email [joy.akey@colostate.edu](mailto:joy.akey@colostate.edu)

Phillips and Sedgwick Counties – at 970-854-3616 or email [tracy.trumper@colostate.edu](mailto:tracy.trumper@colostate.edu)

A Healthier Weigh – Program weigh-ins are scheduled as follows:

*Kit Carson County - Wednesday, January 9, 11:30 am - 1 pm, Kit Carson County Fairgrounds, Burlington*

*Logan County - Tuesday, January 8, 7:30 am - 5:30 pm, Extension Office*

*Morgan County - Wednesday, January 9, 4 - 7 pm, Morgan County REA*

*Phillips County - January 7 to January 11, 5 - 6:30 pm, Extension Office*

*Sedgwick County - January 7 to January 11 by appointment, Extension Office*

*Washington County - Monday, January 7, 3 - 6 pm, Extension Office*

*Yuma County - January 7 & January 10, 11:30 am - 1 pm & 5 - 6 pm, WRAC, Wray*