

FOR IMMEDIATE RELEASE

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Step Up and Scale Down and Become the Biggest Loser of Weight in Shelby County

It's not too late to join! It's a new year and time for a new you! Become the biggest loser in Shelby County — of weight, that is. There will be monetary prizes. Prizes will be awarded to the most successful competitors in the county's weight loss and physical fitness program.

The date has been **EXTENDED** to sign-up for the Step Up & Scale Down – Biggest Loser of Shelby County. The weigh-in of participants has been extended until **February 7, 2020** from 8:30 a.m. to 3:00 p.m. in the Shelby County Extension office at 266 Nacogdoches Street, Center, Texas. Participants will weigh-in and submit a \$40 participation fee.



Winners of the 12-week challenge will be determined by the percentage of body weight they lose during the three-month competition, not by lost pounds. All participants will weigh-in bi-weekly to chart their progress (weights will be kept confidential), which ends with a final weigh-in at the Extension office the week of April 27th. The winners will be awarded prizes for 1st – 3rd places, respectively, and recognized at a celebration event on May 7th.

Shelby County Extension Agent, Feleshia Thompson, says the Step-Up Scale Down program will also include:

- “weekly Walking with a Purpose fitness program,

- weekly healthy cooking nutrition classes,
- guest speakers on various topics,
- health screenings,
- weekly door prizes
- fun, hands-on cooking demonstrations and tastings,
- 5K Fun Run and Walk, and a
- fitness component designed specifically for churches.”



Thompson says she expects the weight-loss program to make a big impact again this year. “This is a challenge designed to be fun” she says, “but at the same time help people achieve their weight-loss goals and although there are prizes, everyone who reaches a healthier weight is a winner.”

If you have questions about this wellness program, please contact Feleshia Thompson, County Extension Agent – Family and Community Health at 598-7744 or feleshia.thompson@ag.tamu.edu or follow us on Facebook at Shelby Extension Service.

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