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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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