

# Step Up and Scale Down

**FOR PEOPLE WHO WANT TO TAKE CHARGE OF THEIR HEALTH!**

Step Up & Scale Down is a 12-week educational program based on the USDA Dietary Guidelines, which are intended to help Americans choose a healthful eating plan to achieve and maintain a healthy weight.

**CLASSES BEGIN MARCH 5, 2018**

## Step Up & Scale Down Class Sessions

1. Scale Down by Setting Goals
2. Step Up to a Healthy Plate
3. Scale Down by Reading Labels
4. Step Up to Breakfast and Menu Planning
5. Scale Down with Moves to Lose
6. Step Up your Hydration
7. Scale Down by Finding Your Motivation.
8. Step Up to Healthy Snacking
9. Scale Down with a Colorful Plate
10. Step Up to Successful Socializing
11. Scale Down by Knowing Your Numbers
12. Step Up and Celebrate

**Mondays, March 5 through May 21, 2018**

**5:00 —6:00 p.m.**

**Parker County Agricultural Service Center**

**604 North Main Street**

**Weatherford**

**Cost is \$40 for 12 weeks**

**Classes will include:**

**Weigh-in**

**Motivational lessons**

**Recipes and Samples**

**Register at 817-598-6169**

**More information available at**

<http://parker.agrilife.org>

**For more information contact, Kathy Smith at  
(817)598-6168 or by email at [kl-smith@tamu.edu](mailto:kl-smith@tamu.edu)**

**TEXAS A&M  
AGRILIFE  
EXTENSION**

**Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information or veteran status.**