



***“Health, Wellness, and Fitness Through Weight Control”***

***New Leaf: Choices for Healthy Living***



**Stating Date: Thursday, February 1, 2012**

**Time: 9:30-11:00 a.m.**

**Location: Limestone County Extension Office**

**1109 W. Market Street, Athens**

New Leaf is a program designed to assist in the fight against overweight and obesity. This program features structured nutrition programs and physical activities. Participants will meet once a week for six consecutive Thursdays and will weigh in and set diet and activity goals at each session. Sessions will last 1-1 ½ hours.

The program is FREE, but pre-registration is required.

**To register call Limestone County Extension Office:**

**256-232-5510**

Alabama A&M AND AUBURN UNIVERSITIES AND TUSKEGEE UNIVERSITY, COUNTY GOVERNING BODIES AND USDA COOPERATING

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**New Leaf: Choices for Healthy Living  
Limestone County  
2012 Class Outline**

**Session 1: Thursday, February 2, 2012**

- **Goal Setting**
- **Food and exercise diary**
- **Determining Healthy Weight and Body Mass Index**

**Session 2: February 9, 2012**

- **Portion Control**
- **Fit in 10 Exercises**

**Session 3: February 16, 2012**

- **Know Your Fats and Fiber**
- **Exercising With Stretch Bands**

**Session 4: February 23, 2012**

- **Understanding Food Labels**
- **Exercise For a Healthy Heart**

**Session 5: March 1, 2012**

- **Beverage Selection**
- **Fast Food Facts/Eating Out**
- **Walking Exercises**

**Session 6: March 8, 2012**

- **Altering Recipes for Better Health**
- **Food Demonstrations/Sampling from New Leaf Cookbook**
- **Chair Exercises**

**Optional Follow-Up Session: April – Date TBA**

- **What Can I eat if.....I have diabetes, high blood pressure, heart disease?  
...Or other topics as requested by group**