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News Release

St. Clair Extension Office Offers Free Healthy Weight Loss Course

Overweight and obesity are on the rise like never before. In Alabama almost 7 out of every 10 persons is overweight or obese. Being overweight increases one's chances of developing heart disease, high blood pressure, diabetes, arthritis, sleep problems, and some forms of cancer.

Many people make the same resolution at the beginning of every year: to eat right, exercise more and lose weight. By this time each year, many have already become frustrated because they haven't seen a difference in their weight or physical fitness level. If you are one of those people, you should consider participating in a new program being presented by the Alabama Cooperative Extension System and the Office of Women's Health Division of the Alabama Department of Public Health.

"Choices for Healthy Living: A New Leaf" is a series of programs which will run for six consecutive Thursdays, beginning on September 30th and ending on November 4th. Sessions will be held at the St. Clair County Extension Office, located in the St. Clair County Courthouse in Pell City at 1815 Cogswell Avenue, Suite #103. Sessions will last 1-1 ½ hours, from 10:00-11:30 a.m.

The program involves changing eating and physical activity habits to achieve healthy weight loss and modify behavior patterns. It promotes gradual changes - one step at a time, and promotes changes the whole family can adopt to become healthier. Topics will include nutrition, understanding food labels, healthy food preparation, and physical activity. Weight and waist measurements will be recorded at each session and most sessions will include 15-20 minutes of exercise. Participants will set dietary and physical activity goals each week.

The classes are free and incentive gifts will include exercise bands, measuring utensils, water bottles, etc. However, participants must be ready to work hard to change eating and exercise habits to lose weight in a healthy way. Please call the St. Clair County Extension Office at (205) 338-9416 to pre-register to attend. Registration deadline is Monday, September 27th. Class size is limited to 24 due to space limitations. For more information contact Jennifer Dutton, Regional Extension Agent, at 256-531-5156.