

## Healthy Competition for Your Life

Mississippi State University Extension Service is joining forces with Blue Cross and Blue Shield of MS Foundation, Hancock Chamber of Commerce, Hancock School District, Hancock Medical Center, Bay-Waveland School District, Hope Haven Shelter, Hancock Bank the Waveland Branch, and Hancock County Extension Service to bring

### *Mississippi In Motion... Hancock In Motion*

*Mississippi in Motion* kicks off with a weigh-in at:

#### **Hancock Middle School**

**Friday, March 6 from 10:00 am-6:00 pm**

#### **Walk For Hope**

**Saturday, March 7 from 7:00 am-1:00 pm**

*Mississippi in Motion* is about:

- Healthy eating (no foods are off limits)
- Increase activity
- Drink 64 ounces of water a day
- Healthy lifestyle changes
- Feel better physically
- Improve self esteem

#### **Here's what you do:**

- Find one to five people who are ready to eat healthier and exercise more for their health. Form a team, select a team name, and elect a team captain who collects each member's \$ 5.00 registration fee.
- Set a team goal to lose 1 to 2 pounds a week per person during the 12 weeks. Get signatures for commitment!
- Members must attend seven of ten educational sessions, health screenings, and team meetings. Participants can also view and receive credit for the educational sessions at our website. Rules are located on our website:  
[http://msucare.com/health/health04/ms\\_in\\_motion/schedule.html](http://msucare.com/health/health04/ms_in_motion/schedule.html).
- After 12 weeks, teams/members who meet attendance, weight loss, activity, and educational goals are recognized.

### Educational Sessions

Each one-hour session includes a planned lesson and an opportunity for participants to ask questions and share success stories. Teams can also meet after the session.

### Locations for Educational Sessions:

12:00 noon Monday,  
Leo Seal Community Center-  
Hancock Bank, Waveland Branch  
6:00 pm Monday,  
Hancock Middle School

<i>Session</i>	<i>Subject</i>	<i>Date</i>	<i>Time</i>	<i>Location</i>
1	Weigh-in	Friday, March 6 Saturday, March 7	10:00 am-6:00 pm 7:00 am-1:00 pm	Hancock Middle School Service Road and Beach Blvd. by the bridge
2	Goal Setting	Monday, March 9	12:00 noon 6:00 pm	Leo Seal Community Center Hancock Middle School
3	My Pyramid and Serving Sizes	Monday, March 16	12:00 noon 6:00 pm	Leo Seal Community Center Hancock Middle School
4	Becoming Physically Active/ Walking & Physical Activity	Monday, March 23	12:00 noon 6:00 pm	Leo Seal Community Center Hancock Middle School
5	Controlling Diabetes	Monday, March 30	12:00 noon 6:00 pm	Leo Seal Community Center Hancock Middle School
6	Emotional Eating and Stress	Monday, April 6	12:00 noon 6:00 pm	Hancock Chamber Suite 7 TBA
7	Flexibility and Strength Training	Monday, April 13	12:00 noon 6:00 pm	Leo Seal Community Center Hancock Middle School
8	Cooking Healthy	Monday, April 20	12:00 noon 6:00 pm	Leo Seal Community Center Hancock Middle School
9	Eating Out Smart/ Better Meals with Better Planning	Monday, April 27	12:00 noon 6:00 pm	Leo Seal Community Center Hancock Middle School
10	Healthy Heart	Monday, May 4	12:00 noon 6:00 pm	Leo Seal Community Center Hancock Middle School
11	Fad Diets	Monday, May 11	12:00 noon 6:00 pm	Hancock Chamber Suite 7 Hancock Middle School
12	Weigh-out	Friday, May 15 Saturday, May 16	10:00 am-6:00 pm 7:00 am-1:00 pm	Hancock Middle School Bridge Fest

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