

Healthy Competition for Your Life

Mississippi State University Extension Service is joining forces with St. Dominic's, the Mississippi Ag and Forestry Museum, and Hinds County Extension Service to bring *Mississippi In Motion...Healthy Life Style Challenge*.

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

Mississippi Ag and Forestry Museum
Tuesday, April 7
7:00 am-7:00 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 \$10.00 registration fee. Cash or Check only. Make checks payable to Mississippi Ag and Forestry Museum.
- 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.
- 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:

11:30 am and 6:00 pm on Tuesday
 See list below for location

<i>Session</i>	<i>Subject</i>	<i>Date</i>	<i>Time</i>	<i>Location</i>
1	Weigh-in	Tuesday, April 7	7:00 am– 7:00 pm	Sparkman Auditorium
2	Goal Setting	Tuesday, April 14	11:30 am 6:00 pm	Forestry Auditorium
3	My Pyramid and Serving Sizes	Tuesday, April 21	11:30 am 6:00 pm	Sparkman Auditorium
4	Cooking Healthy	Tuesday, April 28	11:30 am 6:00 pm	Sparkman Auditorium
5	Walking and Physical Activity	Tuesday, May 5	11:30 am 6:00 pm	Forestry Auditorium
6	Emotional Eating and Fad Diets	Tuesday, May 12	11:30 am 6:00 pm	Sparkman Auditorium
7	Flexibility and Strength Training	Tuesday, May 19	11:30 am 6:00 pm	Sparkman Auditorium
8	Controlling Diabetes	Tuesday, May 26	11:30 am 6:00 pm	Sparkman Auditorium
9	Eating Out Smart	Tuesday, June 2	11:30 am 6:00 pm	Sparkman Auditorium
10	Better Meals with Better Planning	Tuesday, June 9	11:30 am 6:00 pm	Sparkman Auditorium
11	Healthy Heart	Tuesday, June 16	11:30 am 6:00 pm	Sparkman Auditorium
12	Weigh-out	Tuesday, June 23	7:00 am-7:00 pm	Sparkman Auditorium
	Awards Program	Tuesday, June 30	6:00 pm	Sparkman Auditorium

For more information call:

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