

## Healthy Competition for Your Life

Mississippi State University Extension Service is joining forces with Blue Cross and Blue Shield of MS Foundation, MSU Division of Agriculture, Forestry and Vet-Med, and Hinds County Extension Service to bring **Mississippi In Motion...MDOT in Motion.**

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

MDOT Auditorium  
Monday, May 19, 2008  
10:00 am-2:00 pm and 3:00 pm-5:00 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://msucares.com/health/health04/ms\\_in\\_motion/schedule.html](http://msucares.com/health/health04/ms_in_motion/schedule.html).
- After 12 weeks, teams/members who meet attendance, weight loss, 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 Wednesday,  
MDOT Auditorium  
**Note:**  
Wednesday, June 18 6<sup>th</sup> floor Conference Room  
Wednesday, July 16 6<sup>th</sup> floor Conference Room

<i>Session</i>	<i>Subject</i>	<i>Date</i>	<i>Time</i>	<i>Location</i>
1	Weigh-in	Monday, May 19	10:00 am– 1:00 pm 3:00 pm-5:00pm	MDOT Auditorium
2	Goal Setting/ Becoming Physically Active	Wednesday, May 28	12:00 noon	MDOT Auditorium
3	My Pyramid and Serving Sizes	Wednesday, June 4	12:00 noon	MDOT Auditorium
4	Walking and Physical Activity	Wednesday, June 11	12:00 noon	MDOT Auditorium
5	Healthy Heart	Wednesday, June 18	12:00 noon	6 <sup>th</sup> Floor Conference Room
6	Better Meals with Better Planning	Wednesday, June 25	12:00 noon	MDOT Auditorium
7	Flexibility and Strength Training	Wednesday, July 2	12:00 noon	MDOT Auditorium
8	Controlling Diabetes	Wednesday, July 9	12:00 noon	MDOT Auditorium
9	Cooking Healthy	Wednesday, July 16	12:00 noon	6 <sup>th</sup> Floor Conference Room
10	Emotional Eating/ Fad Diets	Wednesday, July 23	12:00 noon	MDOT Auditorium
11	Eating Out Smart	Wednesday, July 30	12:00 noon	MDOT Auditorium
12	Weigh-out	Monday, August 4	10:00 am– 2:00 pm 3:00 pm-5:00pm	MDOT Auditorium

For more information call:

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