

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 Lee County Extension Service to bring

Mississippi In Motion...MDOT in Motion.

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

Tupelo District Office
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.
- 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- Tupelo District Office
Auditorium or 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- 2:00 pm 3:00 pm-5:00pm	Auditorium/Conference Room
2	Goal Setting/ Becoming Physically Active	Wednesday, May 28	12:00 noon	Auditorium/Conference Room
3	My Pyramid and Serving Sizes	Wednesday, June 4	12:00 noon	Auditorium/Conference Room
4	Walking and Physical Activity	Wednesday, June 11	12:00 noon	Auditorium/Conference Room
5	Healthy Heart	Wednesday, June 18	12:00 noon	Auditorium/Conference Room
6	Better Meals with Better Planning	Wednesday, June 25	12:00 noon	Auditorium/Conference Room
7	Flexibility and Strength Training	Wednesday, July 2	12:00 noon	Auditorium/Conference Room
8	Controlling Diabetes	Wednesday, July 9	12:00 noon	Auditorium/Conference Room
9	Cooking Healthy	Wednesday, July 16	12:00 noon	Auditorium/Conference Room
10	Emotional Eating/ Fad Diets	Wednesday, July 23	12:00 noon	Auditorium/Conference Room
11	Eating Out Smart	Wednesday, July 30	12:00 noon	Auditorium/Conference Room
12	Weigh-out	Monday, August 4	10:00 am-2:00 pm 3:00 pm-5:00pm	Auditorium/Conference Room

For more information call:

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