

Waist Management

The Pendleton County Extension Office and Three River Health Department will be conducting a “Waist Management” program starting the first week of February. The program will last eight weeks.

Perks of the program will include weekly:

- Weigh ins
- Challenges
- Prizes
- Incentives to encourage weight control
- Fact sheets on health and nutrition

Weigh in locations will include:

1. Tone and Tan every Tuesday evening from 6:30 PM – 7:00 PM starting February 7th
2. Pendleton County Extension Office every Wednesday from noon – 6:00 PM
3. If there are at least 10 participants at any school or place of business and an individual willing to conduct the weigh in we will make accommodation for this to happen. We want participation to be easy.

Benefits and cost to program:

- Cost will be \$20.00 per participant. All money will be given back to participants at the conclusion of the program in prizes and awards.
- Awards will be given to the individuals that lose the most weight by percentage and to the participants that receives the most points. (award amounts will be determined after registration)
- Points will be given for attending planned physical activity sessions, for completing weekly challenges and going to the weekly weigh in.
- Blood work and other free health screenings will be given to all participants

If you are interested, the steps to participate are easy:

1. Show up on Tuesday, February 7th at Tone and Tan between 6:00 and 7:00 PM or Pendleton County Extension Office on Wednesday, February 8th between Noon and 1:00 PM for the initial weigh in, measuring and screenings. Remember to bring your \$20.00 registration fee.
2. Recruit individuals in your school, church or business to participate so that location can be used as weigh in location. (minimum of 10 is needed)
3. Start making healthier lifestyle choices to better your quality of life.

If you want more information on the program please feel free to call 654-3395 and ask for Kenna

