



STEP UP SCALE DOWN

A 12-week
curriculum to help
you achieve your
healthy lifestyle
goals!

**CLASSES START:
JUNE 1ST TO AUGUST 17TH**

Registration opens: April 1, 2016

Online Registration: [https://
agriliferegister.tamu.edu/susd](https://agriliferegister.tamu.edu/susd)

Or call to register: 979.845.2604

Cost: \$40

Time: 11:30–12:30

Classes held at: Sammons Community Center,
2220 West Ave D, Temple, TX 76504

For more information: Bell County AgriLife Ex-
tension Office at 254.933.5305

Step Up & Scale Down Objectives:

- Prevent and/or reduce overweight and obesity through improved eating and physical activity behaviors.
- Control total calorie intake to manage body weight. For people who are overweight, this will mean consuming fewer calories from foods and beverages.
- Increase physical activity, and reduce time spent in sedentary behaviors.
- Learn to make healthful and realistic choices based on an individual's lifestyle, with the goal of creating an eating plan that can be followed for a lifetime.

Do you feel the need to....

**Step Up &
Scale Down**

**TEXAS A&M
AGRILIFE
EXTENSION**



**PRAIRIE VIEW
A&M UNIVERSITY**
COLLEGE OF AGRICULTURE
AND HUMAN SCIENCES

Cooperative Extension Program

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information or veteran status.