

## Walk-a-Weigh

*Walk-a-Weigh is the award-winning fitness and weight control program of the University of Georgia Cooperative Extension Service. It is a total wellness program that enables participants to make the changes that will enhance their enjoyment of life and feelings of well-being.*



**Learning the skills to make weight control a success for life.**



## The University of Georgia Cooperative Extension

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## Walk-a-Weigh



**The University of Georgia  
Cooperative Extension**



**Learning for Life**

**Tel: 706-542-3773**

## What is Walk-a-Weigh?

Walk-a-Weigh is a fitness and weight control program for adults and older teens who want to learn the skills to



**Walk-a-Weigh is a proven program for weight control.**

achieve permanent changes in their eating and activity habits to improve their health.

Instructors for Walk-a-Weigh can choose from 23 different lessons to design their individualized program. Most programs last 6 to 10 weeks. Each lesson includes a Power Point, script, hand-outs to be copied and a suggested recipe for demonstration.

The didactic part of each session lasts approximately 15-20 minutes. Then participants are encouraged to walk or do some other physical activity for 30-45 minutes. After the activity, the participants can then taste the recipe for that week. *Evaluation and promotional materials are included.*

**All this is available on one CD for just \$15 (which includes shipping and handling. )**

## What do participants learn?

- Weight control strategies
- Modification of recipes to reduce fat, sugar and sodium while increasing fiber
- Guidelines on reducing risk for heart disease, cancer, high blood pressure and diabetes
- Methods for increasing physical activity in structured exercise and activities of daily living

## What about the Meal Plan?

Participants really enjoy the pre-made menus at different calorie levels that make it easy to choose the healthiest foods in the correct portions. They have the choice of the “Down Home” or “Up Down” menus that can fit any palate and satisfy everyone in the family.

These menus fit the needs of the person just wanting to control calories or who need a special meal pattern for diabetes or other chronic diseases.



## To order -

Send a **check for \$15 for each CD** made out to the **University of Georgia Cooperative Extension** to

Connie Crawley, MS, RD, LD

At the address below.

*Sorry, we do not take purchase orders or credit cards.*

Your Name \_\_\_\_\_

Your Address \_\_\_\_\_

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No. of CDs \_\_\_\_\_

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