

"Scale Back Alabama" Update

Auburn University employees and students are engaged in the "Scale Back Alabama" statewide weight loss competition. This program started the week of January 7th-11th with over 600 AU participants signing up.

Teams of 4 members compete to lose 10 lbs. in a 10 week period. The goal of the contest is to get each individual on a team to lose one pound per week during the contest. Both individual and team prizes will be awarded.

The weigh-out final week is March 10th-14th.

Educational Classes Offered for Scale Back Participants

- During this 10-week competition 8 sessions will be offered to help reach and keep weight loss goals.
- Scale Back participants should pre-register to attend each of these programs by contacting Jenny Swaim at swaimje@auburn.edu or at 703-4025.
- Details associated with each session are being finalized and will be available as each is confirmed and will be posted on the Staff Council website.

Lesson 1 - Week of Jan 14th - Setting Goals

Lesson 2 - Week of January 21st - Food portions

Lesson 3 - Week of January 28th - Moving Away from the TV While

Lesson 4 - Week of February 4th - Eating more fruits and vegetables

Lesson 5 - Week of February 11th - Are you hungry? - Emotional eating can add calories

Lesson 6 - Week of February 18th - Liquid Candy - (Rethink your Drinks)

Lesson 7 - Week of February 25th - Cooking with herbs (seasoning instead of table salt)

Lesson 8 - Week of March 3 - Barriers that cause poor eating choices

Note: The A & P Assembly is providing fruit for participants attending several of these programs.

Walking Trails on Campus

A mile-long walking trail is being marked off on campus. It will begin at the corner of Mell Street and Thach, proceed down the Thach concourse to Donahue, south on Donahue to Roosevelt, up between the parking deck and stadium and down Roosevelt Concourse then back up Mell Street. A one-mile walking trail will also be marked off at the Vet School.

For additional information see this website: www.scalebackalabama.com .