

## 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 Hinds County Extension Service to bring *Mississippi In Motion...Government In Motion.*

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

**Woolfolk Building**

**Conference Room East, Room 145**

**Thursday, August 21, 2008**

**10:00 a.m. – 2:00 p.m.**

### *Mississippi in Motion* is about:

- Healthy eating (no foods are off limits)
- Increased activity
- Drinking 64 ounces of water a day
- Healthy lifestyle changes
- Feeling better physically
- Improved 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.
- After 12 weeks, teams/members who meet attendance, weight loss, activity and educational goals will be recognized.

### Educational Sessions

Each one-hour session will include 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 Conference Room East,  
Room 145

<i>Session</i>	<i>Subject</i>	<i>Date</i>	<i>Time</i>	<i>Location</i>
1	Weigh-in	Thursday, August, 21	10:00 a.m. –2:00 p.m.	Conference Room East
2	Goal Setting/ Becoming Physically Active	Thursday, August, 28	12:00 noon.	Conference Room East
3	My Pyramid and Serving Sizes	Thursday, September, 4	12:00 noon	Conference Room East
4	Walking and Physical Activity	Thursday, September, 11	12:00 noon	Conference Room East
5	Healthy Heart	Thursday, September, 18	12:00 noon	Conference Room East
6	Better Meals with Better Planning	Thursday, September, 25	12:00 noon	Conference Room East
7	Flexibility and Strength Training	Thursday, October, 2	12:00 noon	Conference Room East
8	Controlling Diabetes	Thursday, October, 9	12:00 noon	Conference Room East
9	Cooking Healthy	Thursday, October, 16	12:00 noon	Conference Room East
10	Emotional Eating/ Fad Diets	Thursday, October, 23	12:00 noon	Conference Room East
11	Eating Out Smart	Thursday, October, 30	12:00 noon	Conference Room East
12	Weigh-out	Thursday, November, 6	10:00 a.m. – 2:00 p.m.	Conference Room East

### For more information call:

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