

# From Ronda's Front Porch to Yours

Ronda White

## Reaching Weight Loss Goals through AgriLife Step Up Scale Down Program

Have your New Year's weight loss goals got you down? Taking off pounds can be frustrating and can even seem impossible. Sometimes it is hard enough to maintain your weight much less lose those unwanted pounds.

As you approach your weight loss goals keep it positive. In weight loss every little bit counts. Over the years studies have shown that losing just 5% of your total body weight, about 10 pounds if you weigh 200, can provide many health benefits. It can improve blood cholesterol and triglyceride levels. Modest weight loss has also been shown to improve blood sugar levels and reduce the risk of diabetes in obese people.

A study cited by Berkeley Wellness University of California, showed that obese participants with insulin resistance were put on a calorie-restricted diet in order to lose 5, 10 and 15 percent of their body weight. Participants that lost just 5 percent of their body weight showed big improvements in insulin sensitivity, abdominal fat and other risk factors for heart disease and diabetes.

Other research shows that for every 2 pounds of weight loss, systolic blood pressure goes down 1 point, on average. Depending on your current weight, losing 10 pounds may bring your blood pressure close to the normal range.

If you have started a weight loss program and stalled out or become discouraged, don't quit. Group support and guidance in weight loss can help you be successful in your weight loss goals. The Texas A&M AgriLife Extension Office in Scurry County wants to help you in your goals to create a healthier you through the Step Up Scale Down Program.

This 12-week educational program is based on the USDA Dietary Guidelines and is intended to help Americans choose a healthful eating plan within their calorie requirements to achieve and maintain a healthy weight. These dietary habits can promote health and reduce the risk of major chronic diseases.

Participants in the program will learn how to set calorie and physical fitness goals and learn how to make healthier eating choices to decrease calorie intake. Weekly educational deliveries will be in-person and online alternating each week. Participants will be encouraged to attend the sessions, participate in a weekly weigh in, and receive encouragement and motivation through weekly incentives and door prizes.

The 12 week series will include the following topics:

- 1) Scale Down by Setting Goals
- 2) Step Up to a Healthy Plate
- 3) Scale Down by Reading Labels
- 4) Step Up to Breakfast and Menu Planning
- 5) Scale Down with Moves to Lose
- 6) Step Up Your Hydration
- 7) Scale Down by Finding Your Motivational Mojo
- 8) Step Up to Healthy Snacking
- 9) Scale Down with a Colorful Plate
- 10) Step Up to Successful Socializing
- 11) Scale Down by Knowing Your Numbers
- 12) Step Up and Celebrate

For more information or to register for the Step Up Scale Down Program, contact the Scurry County Extension Office at 325-573-5423. Deadline for registration is February 27.

Sources: Berkeley Wellness University of California

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