



## NEWS RELEASE

### ALABAMA DEPARTMENT OF PUBLIC HEALTH

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## Two Coosa County weigh-in sites set for the free Scale Back Alabama Program FOR IMMEDIATE RELEASE

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Coosa County residents are encouraged to participate in the free Scale Back Alabama Program. Official weigh-in sites will be offered to the public on Saturday, Jan. 10, in Kellyton, and Monday Jan. 12, in Goodwater. Adult participants stand to win cash prizes of up to \$1,000 per person.

Now in its third year, Scale Back Alabama is a statewide weight-loss contest which charges no entry fee. The purpose of the 10-week contest is to encourage Alabamians to lose weight, to exercise and to have fun while doing it. Last year's campaign drew more than 40,000 people in almost every county with a cumulative reported weight loss of more than 200,000 pounds.

Dr. Donald Williamson, state health officer, said, "Alabamians have a big challenge in terms of obesity, but one that can be met with the right information and motivation. Our incidences of diabetes and heart problems are much higher than in the rest of the nation, but so is our obesity rate. We want Scale Back Alabama to be available to everyone in the state who wants to be involved."

Coosa County weigh-ins will be held as follows:

Saturday, Jan. 10, 11 a.m.-1 p.m.

Coosa County Life Center, 151 County Road 30, Kellyton

Monday, Jan. 12, 10-11:30 a.m.

Goodwater Public Library, 36 Weogufka St., Goodwater

Teams of four adults compete for cash prizes and will be provided information on healthy eating habits and exercise through weekly lesson plans. If all four team members lose at least 10 pounds, that team's name will be placed in a drawing for one of the three grand prizes (\$1,000 per team member, \$500 per team member and \$250 per team member). The names of individual participants who lose at least 10 pounds, even if their team members did not, will be placed in a drawing for 50 cash prizes of \$100.

Scale Back Alabama is a public awareness campaign hosted by the Alabama Hospital Association and the Alabama Department of Public Health, with generous support from Barber's Dairies and Blue Cross and Blue Shield of Alabama.

For more information, contact the public relations department at the Alabama Hospital Association, (800) 489-2542; call the Nutrition and Physical Activity Division of the Alabama Department of Public Health at (334) 206-5226, or visit [www.scalebackalabama.com](http://www.scalebackalabama.com).

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