



NEWS RELEASE

ALABAMA DEPARTMENT OF PUBLIC HEALTH

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Scale Back Alabama weigh-ins begin Monday

FOR IMMEDIATE RELEASE

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This Monday, Jan. 19, thousands across the state will be searching for a weigh-in site where they can take the first step toward a year of healthy habits. Scale Back Alabama, a free, statewide weight-loss program for individuals 18 years of age and older, is run by local weigh-in site coordinators who conduct beginning and ending weigh-ins of participants and officially enter them into the contest.

Those interested in participating in the 2015 program should visit www.scalebackalabama.com and click the link to register as a team of two. Once the registration is submitted, team members print the registration confirmation and take it with them to a local weigh-in site to do their initial weights. On-site registration will also be available for those who do not pre-register. Each week during the 10-week program, participants will receive health tips on eating less and moving more, along with information on great outdoor activities taking place across the state.

Since its beginning the program has resulted in 1.1 million pounds lost in a state that ranks eighth in the nation in terms of adult obesity. Scale Back Alabama is sponsored by the Alabama Hospital Association, the Alabama Department of Public Health and Blue Cross Blue Shield of Alabama.

For more information, visit www.scalebackalabama.com.