100 Day Weight Loss Challenge
What is it?  /  How does it work?

What is the 100 Day Weight Loss Challenge?  The Challenge is a weight loss program using the Reshape Yourself curriculum, a research-based educational program conducted by the University of Arkansas – Division of Agriculture. The 15 week program uses a group setting to help you to:
   a. Choose a sensible, balanced diet that will fit your lifestyle
   b. Find ways to add physical activity to your daily routine
   c. Make lifelong healthy lifestyle changes

When and where does it meet?  Beginning on March 3, classes will meet every Thursday afternoon from 12:15 until 12:45 p.m. at the Corning Public Library, 613 Pine Street, Corning. Classes will continue for 15 weeks.

How does the class work?  Participants will complete registration and release forms at the beginning of the Challenge. Each week you will weigh-in and stay for a short program that will focus on one weight loss / healthy lifestyle strategy. Handouts will be provided to allow you to read over the information again at home and keep track of your progress. You might want to bring a 3-ring binder to hold your class materials.

What if I miss a class?  If you have to miss a session, you may drop by the library and pick up the handouts to read on your own. If you have questions, contact Debbie Baker, Clay County Extension Agent – FCS at 870-598-2246 or email djbaker@uaex.edu.

How much weight will I lose?  Each person will set their own weight-loss goals. The suggested range for safe weight-loss is ½ to 2 pounds a week. That amounts to between 7 and 30 pounds for the 15-week Challenge.

Do I have to exercise?  Physical activity is encouraged! Each session will include ideas for increasing your physical activity. Participants who attend at least 3 of the first five sessions will receive a Fit in 10 Minutes DVD.

Can anyone participate?  The 100 Day Weight Loss Challenge sessions are open to all persons without regard to race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the Clay County Extension Office (870-598-2246) as soon as possible.

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**Is there a cost?** The 100 Day Weight Loss Challenge is being offered with grant funding through the Supplemental Nutrition Assistance Program (SNAP) so there is no cost to participants. You do not have to receive SNAP (Food Stamps) benefits to participate but there are survey questions that ask if you receive benefits. This information is not shared with anyone but is included in the data report.

**What should I wear?** The classes are very informal. Wear comfortable clothes that allow you to move easily. You will be weighing with your shoes off so you might want to wear shoes that are easy to slip on/off and socks.

**Is there anything else I should know?** The 100 Day Weight Loss Challenge is offered in a fun but informative way. Each week you will receive tools (kitchen gadgets, calendars, trackers, etc.) to help you in your weight loss journey. In addition, each week your name will be entered in a drawing for some great door prizes.

**If you have other questions**, feel free to contact Debbie Baker, CEA-FCS at the Clay County Extension Office / 148 East Main Street, Piggott, AR 72454

*We hope you will join us and bring a friend!*

*What have you got to lose?*