

# Hamilton County Weightloss Initiative



## Help us lose 2,016 pounds in 2016!

*Change begins with You! Hamilton County is ranked #63 of 67 in Florida in our Health Outcomes Overall Rank. Our county is at the bottom of health in the state. We need to take action now!*

The Hamilton County Weightloss Initiative was created to help our citizens take charge of their weight! This Initiative is your opportunity to weigh in and contribute to our county losing 2,016 pounds in 2016. All you need to do to become a part of our initiative is contact one of our weigh-in contacts and have your initial weight recorded!

### Weigh In Contacts

- **Ida L. Daniels, MEd.**  
Food & Nutrition Services HC School District  
(386) 792-7805
- **Rel Perea**  
Florida Department of Health: Hamilton County  
(386) 792-1414
- **Beth Harris, BS, CSCS, CEP, CHC**  
Health and Fitness Professional  
(386) 303-1574
- **Heather M. Janney**  
4-H/FCS Agent II UF/IFAS Extension Hamilton  
(386)792-1276 / hfutch@ufl.edu

Once you've had your weight recorded, attend one of the events listed on the back of this flyer and visit [www.hamiltoncountyweightlossinitiative.weebly.com](http://www.hamiltoncountyweightlossinitiative.weebly.com) for resources and an updated listing of all of the events available in Hamilton County to help you with getting healthy!

Like us on Facebook [www.facebook.com/hamiltoncountyweightlossinitiative](http://www.facebook.com/hamiltoncountyweightlossinitiative)



bethharrislifestyle



**[Hamiltoncountyweightlossinitiative.weebly.com](http://Hamiltoncountyweightlossinitiative.weebly.com)**

# Hamilton County Weightloss Initiative Kick Off

April 23 at 10:30 AM

Old High School Track

Weigh-ins, walking, and martial arts class, all free to the public!

## Weight Loss Opportunities Around the County

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### Cardio Fusion/Beth Harris

Wednesdays 6 PM Jasper City Park \$5 for adults, free for kids.

45 minute class focusing on improving running mechanics, general movement, cardiovascular performance and health followed by a stretching and cool down.

### Tuesday Cycle

Tuesdays at 6:00 PM, meet up locations vary, contact Beth Harris for more information.

### Beth Harris Lifestyle

Nutrition & Weight Loss Counseling, Meal Planning, Bootcamps, Personal Training visit [www.bethharrislifestyle.com](http://www.bethharrislifestyle.com) for more information.

### Suwannee River Yoga/Dottie Price

Tuesdays (all levels) 5:45-7:00 PM Thursday (all levels) 8:00-9:15 AM \$7

16548 Spring Street Downtown White Springs

Visit [www.suwanneeriveryoga.com](http://www.suwanneeriveryoga.com) for more information

### Teachers Walk with LeighAnn Norris (Central) & Emily Murphy (North)

Tuesday & Thursdays, 2:30 PM @ old High School Track for Central and 3:00 PM at North Hamilton Elementary

### Community Walks

Each Thursday @ 5:00 PM meet at Department Of Health

### Becky Diffenbach Classes

Monday & Wednesday's at 4:00 PM, Jasper Women's Club

### Food for Thought Luncheon Series

Monthly Luncheon Series with a free healthy meal and a speaker on a wellness related topic.

**April 22** 11:30AM at HCHS Culinary Arts Building, **May 20** 11:30 AM at UF/IFAS Extension Hamilton County, **June 24** 11:30 AM at UF/IFAS Extension Hamilton County, **July 22** 11:30 AM at UF/IFAS Extension Hamilton County, **August 19** 11:30 AM at HCHS Culinary Arts Building. For questions or to rsvp, please contact 386-792-1276.