

WHAT IS THE STUDY?

Funded by the National Institutes of Health, the UF Weight Management Program seeks to promote long-term weight management for men and women in rural counties of North Florida.

The study is conducted at your local County Extension Office!

PROGRAM LOCATIONS

BRAUNFORD COUNTY
STARKE, FL
CALHOUN COUNTY
TRENTON, FL
HAMILTON COUNTY
JASPER, FL
LAFAYETTE COUNTY
MAYO, FL
SUWANNEE COUNTY
LIVE OAK, FL



PHOTO COURTESY: YALE RUDD CENTER FOR FOOD POLICY & OBESITY

WHO CAN PARTICIPATE?

AM I ELIGIBLE?

CALL US!

352-273-5235

A NO-COST

HEALTHY LIFESTYLE
PROGRAM!

WHAT'S IN IT FOR ME?

- Gain the tools to lose weight, increase fitness, improve nutrition, and manage stress.
- Weekly weight-loss sessions conducted by experts in weight management, nutrition, and physical fitness.
- *Compensation for travel to sessions will be provided.*

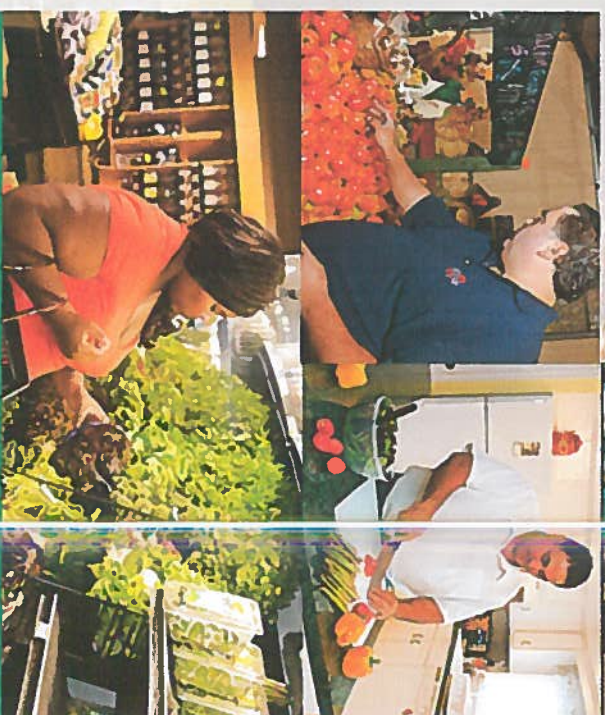
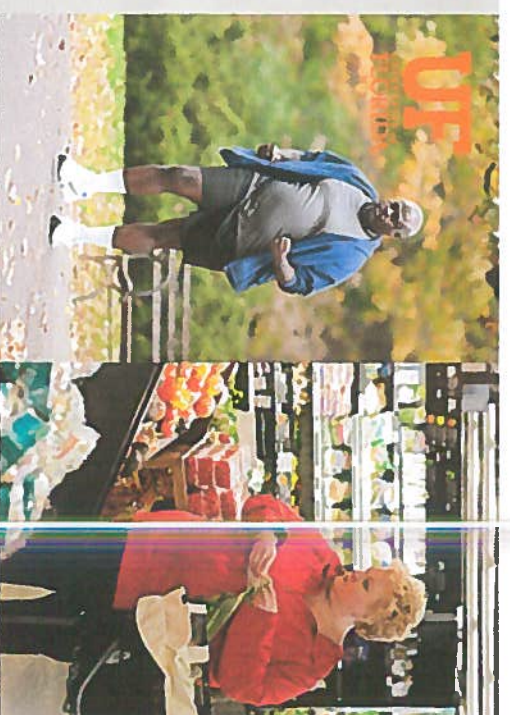
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UF College of Public Health
and Health Professions
UNIVERSITY of FLORIDA

ELIGIBILITY REQUIREMENTS

- BETWEEN AGES 21 TO 75
- LIVING IN A RURAL COUNTY
- NO SERIOUS ILLNESSES
- ABLE TO ATTEND WEEKLY GROUP MEETINGS
- READY TO CHANGE HEALTH HABITS
- WEIGHT WITHIN THE RANGES BELOW
(THE WEIGHT IS BASED ON HEIGHT)

HEIGHT	LOWEST WT.	HIGHEST WT.
4 FT 10	143	215
4 FT 11	148	222
5 FT 0	153	230
5 FT 1	158	238
5 FT 2	164	246
5 FT 3	169	254
5 FT 4	174	262
5 FT 5	180	270
5 FT 6	186	278
5 FT 7	191	287
5 FT 8	197	295
5 FT 9	203	304
5 FT 10	209	313
5 FT 11	215	322
6 FT 0	221	331
6 FT 1	227	340
6 FT 2	233	350
6 FT 3	240	359
6 FT 4	246	369
6 FT 5	252	379



WEIGHT MANAGEMENT PROGRAM
Community Program In Your Area