

Join us in 2008 for:

A Healthier You!

A Healthier You...

Kick off your New Year's Resolutions with "A Healthier You!" These classes are designed to help you achieve your goals and become a healthier you in 2008. This five week class will cover:

- Nutrition—how to develop a food plan
- The importance of exercise
- The impacts of stress and emotion on weight and health
- Recipe modification—how to adapt your recipes to a healthier lifestyle
- Eating in the real world

Where: Davis County Courthouse, room 216

When: Wednesdays starting January 9th.

Time: 11:30-12:30

Cost: \$20.00

Please RSVP—space is limited. The class will continue for a second session starting February 13, 2008.



INVESTMENTS: WHAT IS THE BEST RATE OF RETURN?

Stocks? Bonds? CDs or IRAs? Nothing yields a greater return on your investment than exercise.

Regular physical activity—at least 30 minutes total every day of heart-pumping movement—improves your quality of life and can reduce your risk for heart disease, cancer, stroke, diabetes, obesity, depression, arthritis, and other health problems.

Even if you don't start until middle age, you'll gain about two hours of life expectancy for every hour of exercise. That's about two years longer than your couch potato counterparts.

Source: The No Sweat Exercise Plan: Lose Weight, Get Healthy, Love Longer, by Harvey B. Simon, MD, published by McGraw-Hill.

Join us for the Utah Saves "A Healthier, Wealthier New Year"

Davis on the Move...

Want to do it your way? Davis on the move is an individual pedometer program. Pick up your book and pedometer—and set your own goals. We will offer support through newsletters and rewards.

When: Pick up pedometers and booklet from USU Extension Office starting January 4th.

Cost: \$20.00 (to cover the cost of a Walk America pedometer and book)