

## Alabama Scale Back 2015

The Alabama Scale Back program has launched its annual statewide competition. The program promotes weight loss and leading a healthy lifestyle. The 10-week program is free and gives each team a chance to win cash prizes. Molly Killman is the Nutrition and Physical Activity Director for the Alabama Department of Public Health. She says the program requires participants to register in teams of two because it's the best way to go about getting healthier.

“Having that partner will help hold you accountable; you'll have that person to cheer you on and provide encouragement, and we just really feel like that's the best way to work towards making healthy behavior changes.”

Weigh-ins kick-off today and will conclude on Friday. Interested Alabamians can search the Scale Back Alabama website for more information and to find weigh-in sites for their county.