



Jeb Bush
Governor

John O. Agwunobi, M.D., M.B.A.
Secretary

PINELLAS COUNTY HEALTH DEPARTMENT

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FOR IMMEDIATE RELEASE

Contact:

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Choose to Lose – One STEP at a Time

The majority of Pinellas County residents are overweight or obese and most have tried one diet plan after another without much success. Fad diets seldom yield long-term results. Real success depends on making lifestyle changes – including decreasing our calorie intake and increasing our level of physical activity.

In partnership with **STEPS for a Healthier Pinellas**, Bayfront Medical Center's Community Resource Center is presenting Choose To Lose[®], a healthy eating, weight management program. A registered dietitian teaches this **FREE** seven-week weight management program that focuses on reducing fat intake while increasing the intake of nutritious foods. The result promotes weight loss, lowered cholesterol levels and reduced risk of heart attack, some forms of cancer and type two diabetes.

Participants will learn:

- Which foods are making you overweight
- How to eat a balanced diet
- How to read food labels
- How to order low-fat foods at restaurants
- Why daily aerobic exercise is essential for weight loss
- How to modify recipes to make them lower in fat
- Low-fat foods **can** taste delicious

(more)



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(Choose to Lose – 1st ad)

In addition, the dietitian is available outside of class to help you achieve and maintain a healthy, comfortable weight.

Classes are held at Johnnie Ruth Clarke Health Center at the Historic Mercy Hospital Campus, 1344 22nd Street South, and the Pinellas Park Senior Citizen Center Annex, 7625 59th Street North.

These free classes are offered to the public and are funded by **STEPS to a HealthierPinellas**, a federally funded grant under President Bush's Healthier U.S. campaign. This five-year grant focuses on delivering important health messages regarding obesity, diabetes and asthma and related behavior including nutrition, physical activity and tobacco usage. Its goal is to reduce the occurrence of these behavioral diseases which lead to heart disease, certain forms of cancer, high blood pressure and other life-threatening health conditions.

Take your first STEP toward a healthier lifestyle! For additional information, class dates, or to schedule your Choose To Lose[®] orientation, call 727-893-6895. For more information on **STEPS to a HealthierPinellas**, call 727-820-4113 or visit www.PinellasWellness.com.

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