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It's back . . . the 10-in-10 Challenge kicks off Feb. 4;
Signups begin Jan. 28

LAS VEGAS – Ten pounds in 10 weeks . . . really? The Southern Nevada Health District will launch its 10 in 10 Challenge, the online program to help participants cut calories they eat and increase the number of calories they burn. The free program kicks off Monday, Feb. 4 and signups begin Monday, Jan. 28 on the Get Healthy Clark County website, www.GetHealthyClarkCounty.org. The program is also available in Spanish. For more information, log on to www.GetHealthyClarkCounty.org or contact the Office of Chronic Disease Prevention and Health Promotion, (702) 759-1270.

Participants sign up online for the free program. Each week, they will receive two emails with tips and suggestions about how to swap foods they eat regularly with healthier, less calorie dense choices as well as ways to increase their physical activity. Participants can track their progress online and set short- and long-term goals. In addition, they can post quotes or photos to help them stay motivated and achieve their goals. Participants can also share their ideas and thoughts or ask questions via the Get Healthy blog on the website.

In 2012, participants lost more than l,000 pounds.

"The 10-in-10 Challenge is a realistic program. It's not a fad diet but a way for people to make small changes, gain big results and incorporate these changes into their lives after 10 weeks," said Deborah Williams, manager of the office of chronic disease prevention and health promotion.

In addition to the 10 in 10 Challenge, Get Healthy Clark County online programs include the Nutrition Challenge, which encourages participants to eat more fruits and vegetables, and the Get Healthy Meal Planner which allows participants to incorporate their favorite foods in a healthy meal plan. The Walk Around Nevada and the Neon to Nature programs help participants increase and track their physical activity.

Updated information about the Southern Nevada Health District can be found on Facebook www.facebook.com/SouthernNevadaHealthDistrict, on YouTube www.youtube.com/SNHealthDistrict or Twitter: www.twitter.com/SNHDinfo. The health district is now available in Spanish on Twitter www.twitter.com/TuSNHD. Don't have a Twitter account? Follow the health district on your phone by texting "follow SNHDinfo" to 40404.

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