



### **Scale Back Alabama 30 Sec PSA**

Are you looking for a fun way to help you lose weight and make some health lifestyle changes in the new year? I may have just the program for you!

Scale Back Alabama is a statewide weight loss campaign, and it kicks off its ten-week challenge in January. It's free, provides healthy lifestyle tips – and there are cash prizes. You also have the chance to shed pounds with folks across the state and be a part of a community that's committed to fighting obesity every day – win or lose.

Learn more and sign up today online at [ScaleBackAlabama-dot-com](http://ScaleBackAlabama-dot-com). That's [ScaleBackAlabama-dot-com](http://ScaleBackAlabama-dot-com).

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