



Scale Back Alabama 60 Sec PSA

Did you know that nearly seventy percent of adults in the United States are considered overweight or obese? Losing weight is hard for everyone, but Scale Back Alabama might be just what you've been looking for.

Scale Back Alabama is a free, ten-week statewide weight loss challenge that will help you lose weight and make some health lifestyle changes, too.

Since the first challenge in 2007, Alabamians have lost more than one million pounds! Our goal for this year's campaign is to see people in every county throughout the state participate, establish healthier lifestyles, and lose more weight. ScaleBackAlabama-dot-com provides useful tips and resources to help guide participants through their journeys to living ultimately healthier lives.

This year's program starts January 21st, and is sponsored by the Alabama Hospital Association, Blue Cross Blue Shield of Alabama, and the Alabama Department of Public Health.

Learn more and sign up today online at ScaleBackAlabama-dot-com to join us as we take steps to see healthier and be healthier in 2020.

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