Ready to start getting healthier this new year?

Need some motivation and support to reach your goals?

Healthier Me is a year-long program of working on developing 12 Healthy Habits. We will focus on one habit each month (see topics at right) and have a goal to accomplish each month.

Each month will include an emailed newsletter and a tracking sheet. To help motivate you, there will be a drawing each month for a prize from everyone completing and reporting the goal for that month. For each month you complete the goal, you will be entered into a drawing for a $100 gift card at the end of the year. If you complete 9 of the monthly goals and report, you will receive a Medal.

There will be optional special activities along the way to help you like cooking classes, canning classes, a May Marathon Walking program and a Maintain Don't Gain Holiday challenge.

To participate, fill out the registration form on the back and mail (address at top left) or drop off to Extension Office. Or to register on-line, go to:

https://forms.gle/1nrHAqJ8hRgHuBof9
Healthier Me in 2023 Registration Form

Name: ________________________________________________________________

Email (for receiving newsletters, program materials, reporting link and survey link):
____________________________________________________________________

Mailing Address (for mailing prizes and medals):
____________________________________________________________________

City__________________ State_______________ Zip Code_______________

Phone Number (in case there are questions about your form):_________________

In an effort to help us reach all of our residents, please fill out this optional section.
The University of Tennessee is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA institution in the provision of its education and employment programs and services.

Gender: ○ Male ○ Female

Race: ○ White
○ Black/African American
○ American Indian/Alaskan Native
○ Asian
○ Native Hawaiian/Other Pacific Islander
○ Unidentified/Other

Ethnicity: ○ Hispanic
○ Non-Hispanic
○ Unidentified

Age: ○ Adult ○ Youth  Associated with which registered adult?

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