

Scale Back Alabama is a free, statewide weight-loss program designed to help Alabamians eat less and move more. This year marks the 12th year, and we're celebrating more than 1.35 million pounds lost and the continued establishment of thousands of healthy habits!

# WE NEED LOCAL COORDINATORS!



Each year, hundreds of individuals from businesses, hospitals, health department, gyms, churches, and other community organizations sign up to serve as weigh-in site coordinators. To be eligible for the contest, each two-person team must be registered, and both participants must weigh-in at an official site. Beginning Dec. 1, people who want to register early may do so via the Scale Back Alabama website or phone app. Those who want to register in-person may do so when visiting one of the official weigh-in sites during weigh-in week. Please note that only weight lost after a participant weighs during weigh-in week in January counts toward their 10-pound goal. Weigh-in week is Jan. 22 - 28, and weigh-out week is April 2 - 8.

Your organization can be a private site meaning you only weigh your own employees, church members, etc.

**OR**

You can be a public site (really need lots of these) meaning you will weigh members of the public.

In either case, you set the dates and times within the weigh-in/weigh-out weeks, you weigh participants, and you record the information in the online database.

## IS MY ORGANIZATION ELIGIBLE TO BE A WEIGH-IN SITE?

Any organization is eligible to participate as long as it agrees to follow the Scale Back Alabama guidelines and:

- It is located in the state of Alabama.
- Plans to recruit at least 3 teams of 2 and hopefully many more!

## WILL I HAVE SUPPORT?

Everything you need to run a successful local weigh-in site and promote the contest is included in the weigh-in site coordinator toolkit, including fact sheets, promotional emails, suggested activities, team registration forms, and much more.

## READY TO SIGN UP TO BE A COORDINATOR?

Send an email to [info@scalebackalabama.com](mailto:info@scalebackalabama.com). Once we get your email, we'll forward the link to go online and register. Please include the following information in your email:

- Your name and contact information (email and phone).
- Your organization's name.
- Don't forget to include "info@scalebackalabama.com" in your email pass list so you can get our emails.

## NEED MORE INFORMATION?

Visit the website at [scalebackalabama.com](http://scalebackalabama.com). Follow us on Facebook, Instagram, and Twitter!

Scale Back Alabama is a public awareness campaign hosted by the Alabama Hospital Association and the Alabama Department of Public Health, with generous support from Blue Cross Blue Shield of Alabama.