

# 2021

SCALE  
BACK  
ALABAMA

## SCALE BACK

## YOUR WAY

### NEW AND EXCITING CHANGES:

- Later Start Date -  
March 1, 2021
- Virtual Program/  
Online Registration
- Teams Optional
- Individualized Goals
- Weekly Challenges
- More Focus on  
Healthy Habits, Less  
Focus on Weight
- More Prizes!



## STAY TUNED FOR ADDITIONAL DETAILS COMING SOON!