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Activate Upper Palmetto Starts on Monday

ROCK HILL, S.C. - The countywide kickoff for Activate Upper Palmetto, a free healthy lifestyle initiative that is replacing York County Shrinkdown, will be held on Jan. 14 from 1 to 7 p.m. at the Winthrop Coliseum concourse.

Activate America was established after Shrinkdown participants in 2006 and 2007 asked for the program to continue year round. Last year, 2,314 participants lost 6,770 pounds. The program targets youth and adult obesity and will challenge participants to adopt healthy eating habits and regular moderate-intensity exercise.

Participants will sign up and weigh in for the first time at the January kickoff, followed by six weekly weigh-ins and then monthly weigh-ins for the remainder of the year.

Weigh-ins for Winthrop faculty, staff and students will take place every Friday at the West Center front desk through March from 6 a.m. to 7 p.m. Participants can then check their weight monthly on the third Friday through December. In December, the weigh-in will be on the third Thursday.

Participants also will receive weekly online healthy living information and tips by registering online. There also will be a series of hour-long health talks by wellness and medical experts on the third Thursday of the month at 7 p.m. at the Rock Hill Public Library.

Winthrop is one of three sponsors for the program along with Piedmont Medical Center and the Upper Palmetto YMCA.

For more information, contact Stevie Chepko, chair of the Department of Health and Physical Education, at 803/323-3688, or Christle Ross, marketing director of the Upper Palmetto YMCA, at 803/324-9622, ext. 31.

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